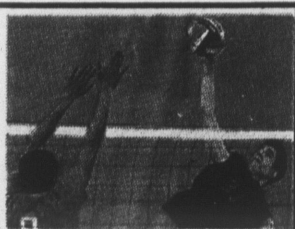


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New Garage Rising In Quincy Center

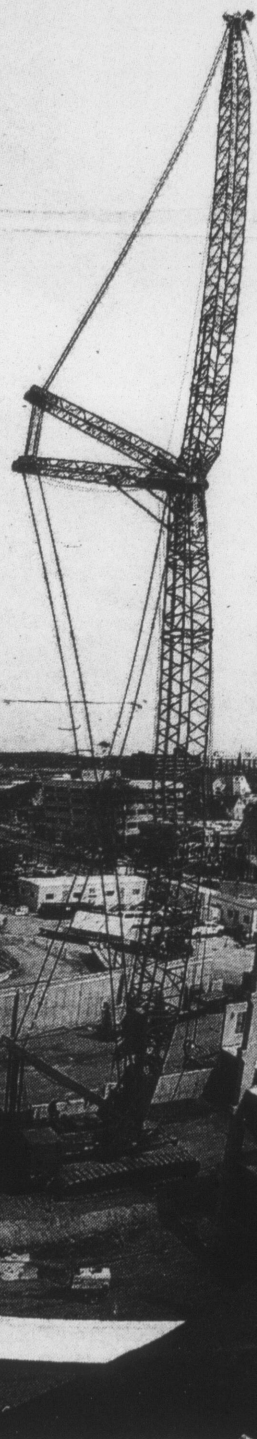
By SCOTT JACKSON

Construction workers have begun hoisting into place the slabs of pre-cast concrete that will comprise the new public parking garage set to open later this year in Quincy Center.

The four-story, 712-space garage will be located on the former Hancock Lot. Two private

developments - Peter O'Connell's 15-story, 124-unit Chestnut Place building and LBC Boston's 171-unit Nova Residences - are being built on either side of the new garage. Chestnut Place is being built along Dennis Ryan Parkway and Nova Residences will be located at 1500 Hancock St.

Cont'd On Page 2



BIRDS-EYE VIEW of the construction site at the former municipal parking area shows the new city garage taking shape (at right). The new four-story, 712-space garage is being constructed of more than 600 pieces of pre-stressed and pre-cast concrete set into place using a crane that weighs nearly one million pounds and can extend nearly 300 feet in the air. In the center background can be seen where some of the footings are being set for the 15-story, 124-unit Chestnut Place building being built just across the street from the Quincy District Courthouse on Dennis Ryan Parkway. Also visible in this photo are downtown landmarks the Granite Trust Building, United First Parish Church iconic gold belltower and Presidents Place (at left). Bethany Congregational Church can be also be seen in the distance. This photo was taken Friday, April 5 from atop the roof of LBC Boston's seven-story, 171-unit Nova Residences apartment building at 1500 Hancock St.

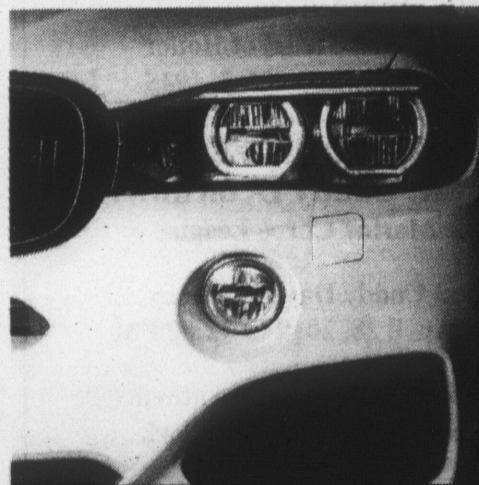
Quincy Sun Photo/Robert Bosworth

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Health Spotlight: Allergy Triggers - Page 9

Quincy Veterans' Services: 'We Can Help' - Page 12

Fundraiser May 4 Benefits McCallum Family - Page 14

More Quincy news:

The Quincy Sun.com





GIANT CRANE LOWERS a 60-foot piece of pre-cast concrete decking as it's guided for placement at the new 712-space garage being built at the site of the former municipal parking area in Quincy Center. Each plank weighs about 30 tons. More than 600 pieces of concrete will form the new 4-story garage that is set to open later this year. Quincy Sun Photo/Robert Bosworth

New Garage Rising In Quincy Center

Cont'd From Page 1

The city closed the Hancock Lot, which held about 500 vehicles, in phases last year to make way for the new developments. At the time, city officials said the new garage would be ready to open this fall.

William Geary, the special counsel to Mayor Thomas Koch for the downtown redevelopment, said recently the garage would open later this year as originally promised. The goal, Geary said, is to open Nova Residences and the garage at the same time.

"The plan is to have them open simultaneously in the

early fall," he stated.

The official opening date, Geary added, would be determined later this year as the work on the projects draws to a close.

Once finished, the garage will stand four stories tall with an underground level of parking. The new garage will have 130 parking spaces in its basement, 78 spaces on the ground level, 125 spaces on the second floor, 131 spaces each on the third and fourth floors, and 117 spaces on the roof. Sixteen of the spaces will be handicap accessible, and some of the spaces will have charging stations for electric vehicles.

About one-fourth of the spaces in the garage will be leased to O'Connell and LBC for use by tenants in their buildings; the parking

Cont'd On Page 18

Patrick White Foundation Offering Scholarships

The Patrick White Foundation will be offering scholarships in memory of Patrick White to the high school class of 2019.

Those interested are asked to send an e-mail requesting information to: ptwfoundation7@comcast.net. Include PTW in the subject line.

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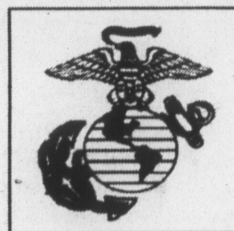
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Quincy General Picked As Next Army Chief Of Staff

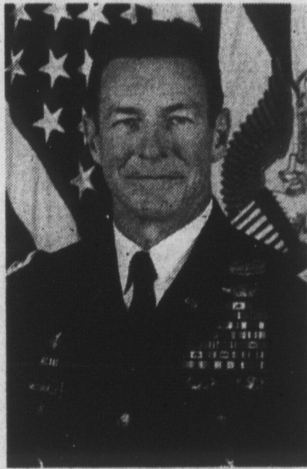
Gen. James McConville Nominated By President

By SCOTT JACKSON

Gen. James McConville, a Quincy native, has been nominated to serve as the next chief of staff for the United States Army.

McConville, who has served as the Army's deputy chief of staff since June 2017, has been nominated by President Donald Trump to serve as the service's top general. The appointment is subject to confirmation by the Senate.

If confirmed by the Sen-

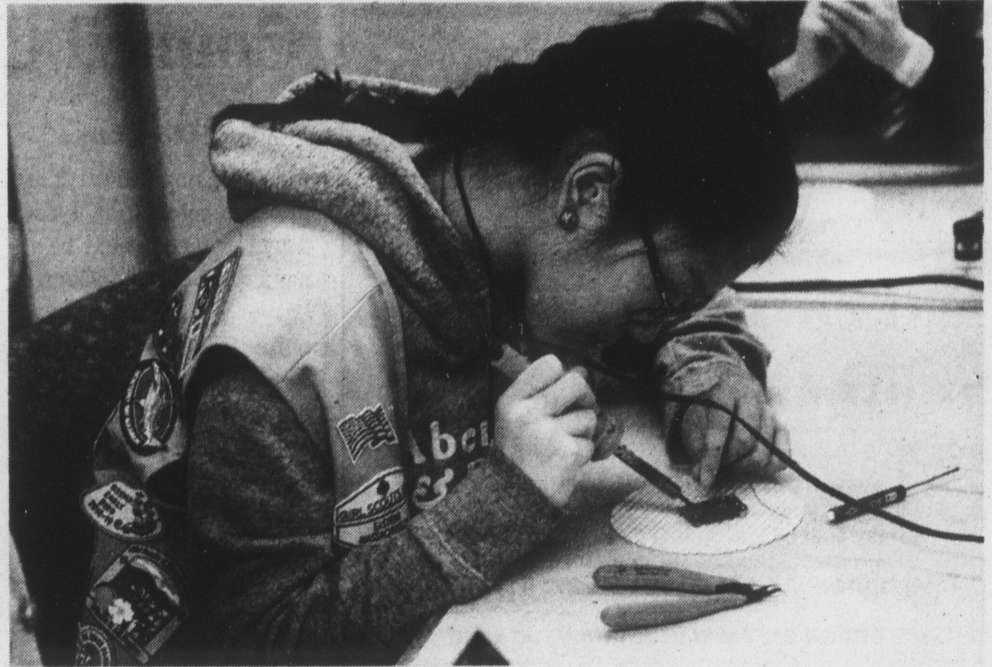


GEN. JAMES
MCCONVILLE

ate, McConville would succeed Gen. Mark Miley as the Army's chief of staff. Miley is Trump's nominee to succeed Gen. Joseph Dunford – another Quincy resident – as the chairman of the Joint Chiefs of Staff. Dunford, a Marine Corps general, has served as the chairman of the Joint Chiefs of Staff since 2015.

McConville was previously the commanding general of the 101st Airborne

Cont'd On Page 5



MADEILYN YANG of Troop 68282 in Quincy tries her hand at the Smoldering Workshop during Girl Scouts of Eastern Massachusetts' 2019 STEM Conference and Expo held recently at Framingham State University. Yang was among the Quincy Girl Scouts exploring the fun of STEM at the event. More than 200 Girl Scouts grades 6-12 participated in hands-on workshops on coding, architecture, biology, medicine, and more. *Photo Courtesy Michelle Juralewicz*

Council Considering \$61 Million Downtown Bond

By SCOTT JACKSON

City councillors reviewed a proposed \$61 million bond to pay for infrastructure improvements in Quincy Center – including a new roadway in the area of the Ross Lot, the extension of Cliveden Street over Hancock Street, and the design of a new municipal parking garage – for more than three-and-half hours at

a recent meeting.

The council's finance committee met April 3 to review the bond, which Mayor Thomas Koch introduced in March; no vote was taken during the meeting.

The bond was introduced March 4 along with a land disposition agreement with FoxRock Properties, which would allow the developer to build a medical office

building, a 140-room hotel and 110 residential units in the area of the Ross Lot. Also introduced that night was the latest proposed version of the Urban Revitalization and Development Plan for Quincy Center.

The finance committee was set to meet again last night (Wednesday) to dis-

cuss the FoxRock LDA.

The city will use the district improvement financing program to borrow the \$61 million. The DIF program allows the city to use new tax revenue from Quincy Center to make debt service payments. The council has authorized up to \$121 million in DIF bonds already.

The \$61 million bond sets aside \$1.4 million for the interim parking program in Quincy Center; \$4.28 million for surface and sub-surface improvements in the area of 1528-1570 Hancock St. and a nearby portion of the Hancock Lot; \$10.53 million for subsurface improvements in the area of

the Ross Lot; \$9.1 million to acquire and demolish 1534, 1546 and 1550 Hancock St. and build a new roadway, known as General Sullivan Way, into a new garage on the Hancock Lot; \$13.57 million to build a new roadway through the Ross Lot, known as Gen-

Cont'd On Page 4

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BY JEFFREY M. BERTMAN
GRADUATE GEMOLOGIST

FULL COLOR DISPLAY

Tourmaline is regarded as one of the most popular gemstones among jewelry designers because it comes in such a wide variety of colors. According to ancient legend, when tourmaline first emerged from the center of the earth, it traveled along a rainbow and gathered all of the rainbow's colors. Thus, it came to be referred to as the "rainbow gemstone." This legend offers some explanation of why tourmaline occurs in more colors and combinations of colors than any other gemstone variety. Bicolor and tricolor tourmalines, with bands of colors, are very popular. The colors may be at different ends of the crystal, or there may be one color in the heart of the crystal and another around the outside.

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• On April 23, 1014, Brian Boru, the high king of Ireland, is assassinated by retreating Norsemen shortly after his Irish forces defeated them. A small group of fleeing Norsemen stumbled on Brian's tent, overcame his bodyguards and murdered the elderly king.

• On April 25, 1719, Daniel Defoe's "The Life and Strange Adventures of Robinson Crusoe," a fictional work about a shipwrecked sailor who spends 28 years on a deserted island, is published. It's based on the experiences of Alexander Selkirk, a Scottish sailor who spent four years on a small island off South America.

• On April 26, 1865, John Wilkes Booth is killed when Union soldiers track him to a Virginia farm 12 days after he assassinated President Abraham Lincoln. Killing Lincoln was part of a conspiracy to simultaneously kill the vice president and secretary of state, neither of which happened.

• On April 22, 1915, German forces shock Allied soldiers along the Western Front by firing more than 150 tons of lethal chlorine. The Germans were perhaps as shocked as the Allies by the devastating effects of the poison gas.

• On April 27, 1956, world heavyweight champion Rocky Marciano retires from boxing at age 31. He ended his career as the only heavyweight champ with a perfect record, 49-0. Marciano had started boxing in the Army to get out of kitchen duty.

• On April 28, 1969, following the defeat of his proposals for constitutional reform, Charles de Gaulle resigns as president of France. He had first resigned in 1946, but was called back in 1958 when the Algerian War sent nearly a million Algerians into France.

• On April 24, 1996, the Pittsburgh Penguins beat the Washington Capitals, 3-2, in 139 minutes of game play, making it the fifth-longest match in NHL history. Playoff games aren't allowed to end in a tie.

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Women's Fitness Program

The Quincy Recreation Department in cooperation with the Mayor's Commission on Women will offer Session Four of the Women's Fitness Program which will consist of classes on Monday, Wednesday, and Friday mornings at 8:15 a.m. or 9:15 a.m.

The classes began April 3 and will continue through Friday, June 14. The program is conducted at the Fore River Clubhouse, 16 Nevada Rd., Quincy Point. Cost is \$75.

Under the direction of a certified fitness instructor, the program is designed to

improve overall body fitness. This includes cardiovascular endurance, flexibility, and strength training. Adaptations in the exercises allow each participant to work out at their own pace. Curriculum includes stretching, dance, floor mats, and hand weights.

Registration is ongoing weekdays at the main office of the Quincy Recreation Department, One Merry-mount Parkway or online at QuincyRec.com. For more information contact the Quincy Recreation Department at (617) 376-1394.

Council Considers \$61M Downtown Bond

Cont'd From Page 3

eral McConville Way, and improvements to Cliveden Street, which would be renamed General Dunford Drive; \$15.26 million to acquire 100 Parkingway and design a new garage located partially on that parcel; \$1.4 million for coordination with the planned development at the Quincy Center MBTA station; and \$5.48 million for consultants, legal services and downtown management.

Craig Seymour of RKG Associates, a consultant to the city, said there would be sufficient new tax revenue in Quincy Center to support the proposed bond. Between now and 2036, the year the DIF program is set to expire, Seymour projected there will be \$290 million in revenue from new growth in the downtown. The city owes \$108 million in debt service payments for the existing bonds over that same time period, meaning there would be \$181 million in net revenue.

That net revenue would go back to the general fund if it were not spent; Koch has suggested the city could start setting aside the excess DIF revenue in a separate fund as a safeguard against a future shortfall.

In addition to the FoxRock proposal on the Ross Lot and various projects either finished or under construction, Seymour's forecast takes into account future plans, including East of Chestnut, and development at the Quincy Center MBTA station, the Masonic Temple on Hancock Street and Star Market plaza on Granite Street.

"There is sufficient revenue...should these projects go forward," Seymour said. "With our conservative approach, we are fairly confident that that is going to happen."

Seymour also mentioned potential risks. They include a decline in the city's bond rating, which would lead to increased interest rates, and an economic downturn that would slow down investments.

Developers could also start to look to other communities where construction would be less expensive or easier, Seymour said, adding, however, that "many firms, not only local firms, but now larger regional firms and some national firms, are starting to see Quincy as a very viable place to invest."

Ward 3 Councillor Ian Cain, the finance committee's chairman, asked Seymour if he could identify those firms interested in Quincy.

"That's a big statement you're making so I'd like to have some heft to it," Cain

said.

Seymour said he could not identify those firms, but reiterated those companies have interest in Quincy.

"I work for several larger developers in the Boston area and some national developers," he said. "Three or four years ago, they heard about Quincy, but [Quincy] really hadn't hit their radar yet. That's beginning to show up on their radar screen."

"One of the reasons for that is Boston has become very, very crowded and there is very few opportunities in the Greater Boston area."

Councillor Nina Liang asked Seymour what the best way to develop Quincy Center would be moving forward. Seymour said Quincy Center needs to be a place where people can live, work and play.

"The vision for downtown Quincy is a mixed-use vision - not only people living and playing here, but also people working here as well. An important piece of the redevelopment is to get good, high quality jobs downtown. It needs a balance. You can't just have all jobs and no people living [there]," he said.

"The overall urban planning goal is to create the environment, which you're doing now, that can attract those jobs."

Liang asked how sustainable that model would be moving forward.

"Years and years ago it was popular to go to the South Shore mall, and now it is more popular to go to places like Assembly Row and Legacy Place. Trends change over time," she said. "You're right...people live, work and play in the same area close to public transportation, but how long do you think that's going to be sustainable?"

Seymour said he believes the mixed-use model will sustain itself for years to come.

"It's a trend that's occurring around the country and around the world that has gotten a lot of strength. It seems to be continuing to grow. Even when people think it's hitting the sustainable maximum, it continues to grow," Seymour said. "Is this a long-term trend? I believe it is."

"I've always argued that millennials at some point are going to get tired of the city and they're going to flock back to where they grew up in suburbia. Some of them might do that, but then there is a whole flock of new millennials that are going to take their place. And, as baby boomers, grew up in suburbia and don't like driving anymore are going

to come back."

Councillor Anne Mahoney said she was concerned about the pace of development in Quincy.

"We've already had \$120 million and you're saying people are flocking here. I don't see the flocking happening," she said, adding that the council should have reviewed the land disposition agreement with FoxRock before the \$61 million bond.

Council President Brad Croall said there is a "new vibrancy and heart beat" in Quincy Center.

"I think everyone would agree that change needed to happen in that particular area. It was once one of the thriving economic channels in the city and for a very long time it wasn't," he said. "It's nice to see people coming back into downtown Quincy."

Ward 4 Councillor Brian Palmucci questioned the part of Seymour's formula related to the base value of downtown properties. The tax revenue on a property's assessed value as of 2006, the first year of the DIF program, still goes to the general fund, and Seymour's model accounts for 1 percent annual growth in base values. Any growth above 1 percent is set aside for the DIF.

Palmucci said the formula should take into account the actual base growth seen around the city instead of using a 1 percent estimate.

"If you set an appreciation rate at a low amount, then everything that grows beyond that 1 percent you can call new growth as a result of the investment and then build upon that to expand the amount of money that you're capable of borrowing under DIF," Palmucci said.

After Seymour spoke about the DIF financing, Rob Stevens, the city's deputy planning director, outlined how the \$61 million would be spent and fielded questions from councillors on those items.

Ward 1 Councillor David McCarthy asked about the city's plan for a new garage in the vicinity of the Ross Lot; he wanted to know many vehicles it would be able to accommodate. Stevens said the final number would be determined during the design process, but it would hold at least 700 vehicles, the same number as the new garage set to open this fall on the Hancock Lot.

Koch anticipates the state paying for construction of the new garage, using all or part of the \$40 million in Infrastructure Investment Incentive (I-Cubed) money set aside for the city in 2013.

Stevens said the city still has preliminary approval for those funds, which will be released once new state tax revenue - primarily income and sales taxes - start flowing from the downtown.

Palmucci questioned the decision to purchase the land at 100 Parkingway - formerly home to AJ Wright - for \$9.25 million and a build a garage there. He suggested the garage should be built on the Messina Lot. The city took by the Messina Lot by eminent domain earlier this year for \$6.8 million and plans to continue to use it for parking for the next several years before selling it to a developer.

"We've taken the Messina Lot, we haven't taken 100 Parkingway, so why wouldn't we build the thing we need to build on land we already control?" Palmucci said.

Stevens said the Messina Lot holds more value for future development because of its location at the intersection of Hancock Street and Hannon Parkway. Hannon Parkway, he added, was designed to let drivers bypass Quincy Center, while the new General's Bridge will provide direct access to the new garage on the Ross Lot. The city could also sell whatever portion of 100 Parkingway is not used for the garage.

Cain, the finance committee chairman, asked why 100 Parkingway was worth more than the Messina Lot. Chris Walker, the mayor's chief of staff, said the council would be provided appraisals for the parcels the administration plans to acquire. Walker also said 100 Parkingway has a building on site, making it more valuable than the Messina Lot, which contains only a parking lot.

William Geary, Koch's special counsel for the redevelopment of Quincy Center, said the city has an agreement in place with LBC Boston - the owner of 100 Parkingway - to purchase that land. LBC also owns the three parcels that would be acquired along Hancock Street for a combined \$4 million.

Palmucci also questioned the \$1.4 million for the continued interim parking program, which launched last year when the Hancock Lot closed. Stevens said the money would allow that program to continue and let the city expand on the Messina Lot. The interim parking program is still needed, he said, in part because Stop & Shop is planning to move office workers from other locations to its regional headquarters in Quincy Center.

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Scenes From Yesterday



Howard Street Entrance to Fore River Shipyard, Quincy, Mass.

Photo by W. Campbell, 108 Howard ave., Quincy, Mass.

THIS IS A 1907 postcard view of East Howard Street in Quincy Point looking south from the end of Winter Street, which is just out of view on the right. The small cigar shop on the right was owned by Charles Hayden who lived in the back of his store. The long low building on the left was the Howard Street main entrance to the Fore River Shipyard, which had begun operations here in 1900. The tall building in the distant left was their main office. When Bethlehem Steel bought the

shipyard in 1913 they widened this street along here and replaced the buildings on the right with much larger buildings. They also replaced the wooden office building with a much larger brick and concrete building. The trees shown here were American Elms. William Campbell, who lived just up the street on Howard Avenue, produced this postcard.

From the Postcard Collection of Tom Galvin

Cemetery Flag In Memory Of Veteran Harold Holt

A new flag is flying over the veterans section at Mount Wollaston Cemetery. The flag is in honor of Harold A. Holt, a U.S. Army Veteran of World War II.

Mr. Holt was part of the U.S. Forces in Normandy in Northern France. He re-

ceived European African Middle Eastern Service Medal and Good Conduct Medal.

Mr. Holt served from August 1942 until October 1945 with an honorable discharge as a PFC.

Born in Keene, N.H. on

Jan. 12, 1909, he attended North Quincy High School where he graduated. He lived on Billings Road and had one daughter named Judy. He died on Oct. 14, 1969.

His memorial flag will fly over the graves of deceased veterans until it's

time to retire it.

Anyone interested in donating a flag of a loved one to display over the veterans lot can do so by bringing it to the Quincy Veterans Services office at 24 High School Ave., Quincy; Attn: George Bouchard or call 617-376-1194/1192.

Quincy General Picked As Next Army Chief Of Staff

Cont'd From Page 3

Division, where he also served as the commanding general of Combined Joint Task Force-101 during Operation Enduring Freedom. He was also the commander of 4th Brigade, 1st Cavalry Division during Operation Iraqi Freedom, according to his official Army biography; commander of 2nd Squadron, 17th Cavalry Regiment, 101st Airborne Division; and commander of C Troop,

2nd Squadron, 9th Cavalry Regiment, 7th Infantry Division.

McConville has received numerous awards during his time in the Army, including two Distinguished Service Medals, three Legions of Merit, three Bronze Star Medals, two Defense Meritorious Service Medals, three Meritorious Service Medals, two Air Medals, the Joint Service Commendation Medal, two Army Com-

mandation Medals, four Army Achievement Medals, the Combat Action Badge, the Expert Infantryman's Badge, the Master Army Aviator Badge, the Air Assault Badge, the Parachutist Badge, and the Army Staff Identification Badge.

McConville is a graduate of the U.S. Military Academy at West Point and holds a master's degree in aerospace engineering from the Georgia Institute of Technology. He was a national security fellow at Harvard University in 2002.

McConville and his wife, Maria, have three children serving in the military.

McConville's father, Joseph, served in the U.S. Navy from 1951 to 1954 as a second-class petty officer. He served aboard the USS LST 603 from 1951 to 1953 and on the USS Kleinsmith (APD-134) from 1953 to 1954.

Joseph McConville was named The Quincy Sun Citizen of the Year for 1995. At the time, he was recognized for his service to the community, including 25 years of volunteering as a coach and instructor for Quincy Youth Hockey. He also served on the Planning Board for ten years, nine as its chairman.

Benjamin Walsh Participates In Alternative Spring Break

Benjamin Walsh of Quincy was one of 36 Hamilton College students who recently participated in the college's 26th annual Alternative Spring Break (ASB).

Walsh, a senior majoring in Russian studies, is a graduate of The Rivers School.

Hamilton's Alternative Spring Break program is aimed at increasing students' awareness and concern of social issues while generating a life-long interest in community service. This year, participants traveled to Rockbridge, Va., Goldsboro-Wayne, N.C., and Marion County, S.C., to work on Habitat for Hu-

manity projects, and to Baltimore to work with youth.

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Quincy's Yesterdays

This Week
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President Roosevelt Dies, Truman Assumes Office

President Harry Truman took over the White House responsibility and called into quick conference America's military chiefs to confirm his pledge to carry the war in the west and in the east to a victorious conclusion.

President Franklin D. Roosevelt died Thursday, April 12 of a cerebral hemorrhage at his vacation home in Warm Springs, Georgia.

Those called to the White House were Secretary of War Henry Stimson, Secretary of the Navy James Forrestal and three members of the Joint Chiefs of Staff: Admirals William Leahy and Ernest King and General George Marshall.

On Capitol Hill, plans were being made for a joint session of Congress, at which time President Truman would address the House, Senate and the nation.

**FLAGS HANG AT HALF-STAFF
IN QUINCY TODAY; CITY HALL
CLOSED TOMORROW APRIL 14**

Flags on all federal, state and municipal buildings in Quincy hung limply at half-mast in respect to the memory of President Franklin Delano Roosevelt. City Hall will be closed by the order of Mayor Charles A. Ross.

Quincy stores will also be closed, Harry VanDam, vice-president of the Quincy Retail Merchants Association, announced.

The sale of liquor was barred all day Saturday and Saturday evening by order of the Quincy License Commission.

QUINCYISMS

Judy Garland and Margaret O'Brien were starring in "Meet Me In St. Louis," playing at the Strand Theater, Chestnut St., Quincy Center... **Joseph J. Daniels**, U.S. Navy, 173 Fenno St., Wollaston, was awarded the Purple Heart for wounds received in the South Pacific... **Lt. (j.g.) Edward McCabe** was one of the survivors of the sinking of the aircraft carrier Gambia Bay in the second battle of the Philippines. Lt. McCabe was awarded the Air Medal by the Navy... **Lt. Gertrude Davidson**, 173 Rhoda St., Houghs Neck, was promoted from the grade of second lieutenant to first lieutenant, according to a report received from the War Department... **Lt. Commander Fred L. Raymond**, of Quincy, former sales manager for the Quincy Electric Light and Power Company, who was captured by the Japanese when Corregidor fell in May 1942, narrowly missed being liberated when he transferred to a prison camp in Japan... **Ward Five Councillor Clifton Baker** was expected to present a petition with more than 400 names of Wollaston residents seeking a public playground in Wollaston, to the Quincy City Council. Councillor Baker will seek a public hearing on the issue... **W.G. McKenzie**, 60 Hudson St., Quincy, was appointed to the position of assistant foreman of the Fore River Shipyard's boiler making department. Mr. McKenzie is a graduate of the Fore River Shipyard's Apprentice School... The Quincy Council Boy Scouts of America won the Albert H. Stone Trophy for membership achievement for showing a membership increase of 57.6 percent... The Quincy American Legion Post #95 sponsored a public meeting for the purpose of giving information to qualified veterans on the "G.I. Bill of Rights." **Captain Charles Park** of the First Service Command gave the talk... **Miss Marjorie York**, daughter of Mr. and Mrs. Henry G. York of Newport Terrace, was commissioned a second lieutenant in the U.S. Army Nurse Corps. Miss York was a graduate of Quincy High School and the Quincy Hospital School of Nursing... **Sally Ann Mullaney**, 54 Cleverly Ct., Quincy Point and **Charlotte Bryer**, 211 Elmwood Ave., Wollaston, each won a free ticket to the Capitol Theater as winners in the theater's "Misspelled Words" contest... Members of the Quincy Trade School basketball team included **Gerald Colletta** and **Russell Eranio**... **Mrs. Lorraine Connell** of 875 Sea St., Houghs Neck, reported that she had received word that her husband, **Pvt. Thomas M. Connell**, was a prisoner of war in Germany. Connell had been reported missing in action during the Battle of the Bulge... The Quincy Savings Bank, 1372 Hancock St., Quincy Center, held its 100th annual meeting. Officers of the bank elected included: **C. Rodgers Burgin**, president; **James F. Young**, vice-president; **George H. Bonsall**, comptroller; and **Henry W. Porter**, clerk.

Arts & Entertainment

Taste Of The South Shore Raises \$383,500 For YMCA

750 Guests Attend, Over 35 Restaurants Featured

The South Shore YMCA recently hosted its 23rd Annual Taste of the South Shore featuring over 35 of the region's best restaurants, breweries, distilleries, wineries and bakeries to support the Y. More than 750 guests attended the event held at Lombardo's in Randolph.

Participating purveyors of fine food and drink included:

Abby Park, Alma Nove, Barrel House Z, Bia Bistrot, Bin Ends, Bradford, Distillery, Caffè Tosca, Castle Island Brewing Co., The Chef's Table, Corner Stop Eatery, Davio's, Fratelli's Pastry Shop, Fruit Center Marketplace, Galley Kitchen & Bar, Greenside Grille, Harpoon Brewery, hint water, Honey Dew Coffee, Jake's Seafood, JP Fuji Group, KEEL Vodka, Konditor Meister, Lavishly Dunn Catering, Leena's Kitchen, Lombardo's, Mayflower Brewing Company, Montilio's Baking Company, Naked Ox Beer Company, Novara, Plymouth Bay, Winery, Restaurant ORO, Rumson's Rum, SALT Raw Bar, Scarlet Oak Tavern, Stars on Hingham Harbor, The Tinker's Son, Tosca, Trident Galley & Raw Bar, Untold Brewing, and Yocha.

Each of the Taste participants donated time, efforts, food and drink to benefit the South Shore YMCA. All proceeds raised from this year's Taste will further the Y's mission of strengthening families and children in spirit, mind and body through the organization's life-changing programs, services and support — a staple within the communities it

serves.

"The South Shore YMCA is a vital part of the fabric of the South Shore community—helping to build a stronger region by empowering children and families," said Debra Drapalla, Regional President-Boston, Webster Bank. "Webster is proud to be a longtime sponsor of The Taste of the South Shore, because we consistently see the positive impact it has in the communities we serve every day."

The evening culminated with the South Shore YMCA's President and CEO Paul Gorman unveiling its newest life-changing program, Staystrong. This collaborative community program provides essential daily living support to all those patients, families and caregivers who are currently affected by cancer.

"The South Shore Y is a community. Guided by our mission statement, 'The Better You Belongs Here,' we seek to give each person a place to truly belong, with programming to become your better self — spirit, mind and body," said Gorman. "As a charity and a leader in community integrated health, the YMCA is uniquely suited to support individuals and families through the overwhelming physical, emotional and even financial challenges they face when dealing with a cancer diagnosis."

Through Staystrong, anyone within the South Shore YMCA's service area who is in the midst of cancer treatment can benefit from this program, which includes a full year of South

Shore YMCA membership to help rebuild a healthy spirit, mind and body — for themselves, their families and caregivers.

"Cancer is not experienced alone," added Gorman during his remarks. "This program is designed to address the devastating effects and impacts of cancer and to meet the needs of each person where they are, helping to overcome the obstacles they face throughout treatment and recovery."

The Taste of the South Shore raised \$383,500 by the end of the night following silent and live auctions, a raffle and a financial appeal.

"We are so grateful to all of our Taste chefs and attendees, as their participation helps to ensure that everyone in our community has access to the Y's transformative programs and services, regardless of their ability to pay," said Michelle Duggan, senior development director, South Shore YMCA. "The impact we're able to make within the communities we serve through programs like Staystrong is a direct result of all those who believe in and support the South Shore YMCA and its mission."

The Taste of the South Shore's success serves as a catalyst for The South Shore YMCA's causes, programs and services like Staystrong, which are developed in direct response to growing needs within our local community.

"As a trusted community leader in health and well-being, it is our responsibility to shine a light on the needs



CHEF PAUL WAHLBERG with several guests who attended the recent YMCA's "Taste of the South Shore" held at Lombardo's in Randolph. Photo Courtesy South Shore YMCA

of the members and families we serve," said Gorman. "Everyone knows someone who has fought or is fighting, and Staystrong will take another step toward ensuring that in the battle against cancer, no one has to fight alone. Through the support of our community, The South Shore YMCA will become that center of motivation, positivity and togetherness for our friends, neighbors and families who

need it most."

Cancer survivor Stacey Hugues who was diagnosed with breast cancer last year capped the evening's remarks by sharing her recent experience with cancer and how Staystrong will serve to improve the lives of others going through similar struggles.

"Many people want to be supportive and help when they have a friend or family member going through

cancer, but they don't know how to help," said Hugues. "THIS is how to help — please support this program as it will help everyone as we are all affected by cancer."

To learn more about how to support the Staystrong program, contact Mary Orne, VP of Development for the SSYMCA, at morne@ssymca.org, (781) 264-9453 or visit www.ssymca.org/staystrong.

Quick Sand By Malin Persson Giolito 'The Fine Print' Book Review

By BETH VACCA

I typically do not read fictional courtroom dramas. I have no idea why. It would be a great source of free books for me as my father enjoys these stories and his weekly trip to the bookstore would keep me well stocked.

I actually decided to read this novel because Fredrik Backman, author of *A Man Called Ove*, praised this book on the back cover (I loved his book). I was not disappointed.

Quick Sand by Malin Persson Giolito was originally published in Sweden in 2016 and is the story of a Swedish teen on trial for murder and incitement to murder. We are taken through the three week Swedish court procedure outlining the prosecution's case. The prosecution unfolds the story through their theory for Maja Norberg's motive in her involvement in the mass shooting at her prep school in one of Stockholm's wealthiest suburbs.

Maja's version of events are revealed through flashbacks and retellings by Maja that lead up to that horrific day.

A Booklist reviewer states this novel is "... a dark exploration of the crumbling European social order and the psyche of rich



Swedish teens ...". This book, however, became an international bestseller due to the fact that the problems caused by classism, entitlement, racism and fear cross all cultural lines. There are some interesting discussions about Swedish economics and politics, but overall this story of privileged teenagers and the breakdown of families could happen anywhere.

Maja has plenty of time to be introspective about the events that caused her to be arrested during her nine months of incarceration prior to trial. She contemplates what she was once told by a teacher, "You are innocent until the courts have ruled that you are guilty. What kind of weird statement is that? Either you're innocent all along, or else you did it, right from the start." And the idea she read someplace "the truth is whatever we choose to believe." "Like someone can just decide what's true and what's

false?"

Giolito, through Maja, wants us to think about truth. To think about who we are and about how that may be different than the person the world may see. "Fairy tales say that trolls will turn to stone if sunlight touches them. I think that's suppose to mean that if you just expose terrible things, make them visible, they stop being terrible."

Does Maja believe she is guilty? Yes. Did she pull the trigger? Yes. Was it justified? You'll have to read the book to find out or maybe not. It looks like this novel will become a Netflix original series. Be warned, however, this book is not rated PG. Teenagers with an endless supply of money and resources and with limited parental supervision can make some bad decisions. And don't wait for the series. Books are so much more fun. Don't forget to read ... *The Fine Print*.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, April 11
6:00pm: Bethany Congregational Church
7:00pm: AM Quincy: So. Shore Science Festival

Friday, April 12
11:30am: LIVE: Currently in Quincy
2:00pm: AM Quincy: So. Shore Science Festival

Saturday, April 13
12:00pm: Quincy in Focus
7:00pm: The Call

Sunday, April 14
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, April 15
11:30am: LIVE: Currently in Quincy
7:00pm: Eye on Quincy (replay)

Tuesday, April 16
6:00am: LIVE: AM Quincy with Joe Catalano
7:30pm: Quincy in Focus

Wednesday, April 17
6:00pm: Good News

Government Access Channel 9

Thursday, April 11
12:00pm: City Council Finance 4/10
6:00pm: Update DPW: Spring Season
7:00pm: Good Deeds: Quarterly Update

Friday, April 12
6:30pm: FY: QHD Macular Degeneration
7:00pm: In the Know: Senior Tax Credit
8:00pm: At the Kennedy Center: Ray Flynn

Saturday/Sunday, April 13/14
10:30am: FY: QHD Macular Degeneration
11:00am: At Your Library: April Happenings
12:00pm: City Council Finance 4/10
7:00pm: City Council Finance 4/10

Monday, April 15
12:00pm: Joint Ways & Means Committee 4/2

Tuesday, April 16
12:00pm: Senator Markey Press Conference
RE: PEG Access
7:00pm: Meet the Artist: Ep 2

Wednesday, April 17
12:00pm: Mass Student Government Day
6:00pm: In the Know: County Commissioner

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Adams Montessori School 50th Anniversary Celebration May 3

Adams Montessori School, a preschool through grade 6 Montessori school located in Quincy, celebrates its 50-year anniversary this spring with a 'Cheers to 50 Years' gala on May 3rd.

The celebration, the biggest fundraising night of the year for the school, will take place at the Boston Marriott Quincy and is open to current and former school parents, staff and the wider school community.

Tickets are currently on sale online. All tickets in-

clude cocktail hour, a seated dinner, a chance to participate in the silent and live auctions, games, dancing and more. Onsite childcare will be offered, with advance registration, for \$25 per child.

Sponsorships are available for businesses and individuals interested in showing support in a larger way. Sponsorship opportunities range from \$150 to \$2,500 tax-deductible donations. Current supporters

include: Hughes & Co. PC, East Boston Savings Bank, System 4 Facilities Services Management, Driscoll Insurance & Bonds, Keohane Funeral Home, MSA Financial, The Nelson Family, 3 Phase Elevator Corporation, Bruno Debas and Quincy Firefighters Association Local 792.

For more information about the event or to purchase tickets or a sponsorship, visit <http://bit.ly/adams gala>.

BID Hospital-Milton Offering Community Health Grants

Beth Israel Deaconess Hospital-Milton (BID-Milton) is offering three-year community health grants in the amount of \$15,000 to non-profit organizations, including local service organizations, boards of health, coalitions and community groups, that provide services in the hospital's market area of Milton, Quincy, Randolph, Dorchester, Hyde Park, Canton and Braintree.

The grants, which are part of the BID-Milton's Community Benefits Program, are intended to fund programs that address one of the following community health priorities:

- **Chronic Disease Management and Prevention** – Examples of programs that would be considered include increasing number of adults screened for high blood pressure, blood sugar or other conditions related to

chronic diseases, increasing number of adults screened for cancer, reducing impact of chronic diseases, implementing new chronic disease prevention programs, providing timely access to treatment and/or seamless coordination of follow-up services.

- **Reduce Tobacco Use in Adults** – Examples of programs that would be considered include reducing number of current tobacco users, implementing tobacco use prevention programs, offering tobacco use cessation support services.

- **Increase Physical Activity in Youth and Adults** – Examples of programs that would be considered include increasing number of children and adults with access to opportunities for physical activity.

Applicants may also submit programs that are

not cited specifically as examples above as long as they address one of the three community health priority areas (Chronic Disease Management and Prevention, Reduce Tobacco Use in Adults and Increase Physical Activity in Youth and Adults).

In addition, programs should target vulnerable populations. "Vulnerable" may be defined as low-income, high-risk for a particular health indicator, racially or ethnically marginalized, or experiencing barriers to services due to language or other significant socio-economic factor.

Grant applications may be downloaded from the hospital's website at www.bidmilton.org. Applications are due May 17 at 5 p.m.

For more information, email robert_mccrystal@bidmilton.org.

Milton Historical Society Annual Dinner May 23 At Neighborhood Club

The Milton Historical Society will host its 2019 annual dinner, "A Visit with Isabella Stewart Gardner: America's First Patroness of the Arts" presented by reenactor Jessa Piaia, Thursday, May 23 at the Neighborhood Club of Quincy, 27 Glendale Rd., Quincy.

Social hour begins at 6 p.m., dinner at 7 p.m. followed by the program at 8 p.m.

Character reenactor Jessa Piaia will present a dramatic portrayal of Isabella Stewart Gardner. Clad in period at-

tire, Piaia will transport the audience back to Boston at the turn of the 20th century.

Invitations will be mailed out to Milton Historical Society members in April. Extra invitations will be available on the community events counter, 2nd floor, Milton Public Library.

Due to limited seating, reservations are required. Menu choices are Roast Sirloin of Beef or Baked Scrod. Multiple reservations can be made but be sure to include individual names, menu choice and, if necessary

names of others you wish to be seated with. RSVP deadline is May 14.

Cost for Milton Historical Society members is \$50; non-member cost is \$60, which includes a free 1-year membership.

Make checks payable to Milton Historical Society and mail to 1370 Canton Ave., Milton, MA 02186.

For more information or to make reservations, con-

tact Ellen at 617-696-0870 or email ejpen@comcast.net.

The Milton Historical Society is a nonprofit organization, founded in 1904 to collect, preserve, publish and exhibit artifacts and records relating to the town of Milton. It relies on membership and sponsorship to support its mission and free public programs.

For more information

17 On Simmons Dean's List

Seventeen students from Quincy are on the Dean's List for the fall semester at Simmons University in Boston.

They are:

Andrea Borges, Jia Ying Chen, Kari Chen, Ciara

Forde, Eliza Givens, Samin Charepoo, Samantha Feeney, Emily Lo, Eleni Papadopolou, Tiffany Tang, Vivian Zou, Ivy Chiu, Josephine Lee, Trina Liang, Amy Worth, Sharon Yang and Jenny Shi.

Social

Ballroom Dancing Revisited At Hancock Park Residences

Dozens of seniors were transported to their earlier years through the music of Frank Sinatra and Dean Martin as they gathered at Assisted Living Residences at Hancock Park. The event, Steps in Time with instructor J. Michael Winward, brings ballroom dancing workshops to older adults at senior centers, assisted living facilities and skilled nursing facilities throughout the Boston-area.

The activity was a big hit among the Hancock Park residents, many of whom recalled the songs and dance steps of their generation.

"It was incredible to see our residents jump right into the Foxtrot, Waltz and Tango," said Kelly Richards, sales director at Hancock Park. "The dances were also adapted to accommodate those who preferred to sit or were in wheelchairs- it was heartwarming to see all the smiles."

Ballroom dancing provides incredible benefits to older adults. It improves muscle and bone strength while lowering the risk of injury or exhaustion. Ball-



SENIORS AT Hancock Park Assisted Living Residences in Quincy recently enjoyed a program of ballroom dancing with instructor J. Michael Winward. Photo Courtesy Hancock Park

room dancing can help prevent falls and other accidents dangerous to seniors. Dancing builds community around dance as a social activity. By learning to lead and follow, dancers connect through non-verbal commu-

nication. In addition, Ballroom dancing has the power to bridge generational and cultural divides.

For more information on the Steps in Time program, visit: <https://www.jmichaelwinward.com/steps-in-time>.

'Message Of Music' Concert April 28

Milton Community Concerts will present "A Message of Music," featuring the Boston City Singers Tour Choir, on Sunday, April 28 at 3 p.m.

The concert of classical, jazz, gospel, and African folk songs will take place at First Parish of Milton, 535 Canton Ave., and will feature a choir of 35 sing-

ers, ages 12-18, from many parts of Greater Boston. Also performing will be the Croation musical ensemble PAJDASI.

Admission is free; an offering will be taken to support fundraising for their upcoming tour of the Czech Republic, Croatia, and Bosnia-Herzegovina. A reception will follow. Visit bostoncitysingers.org and miltoncommunityconcerts.com.

Bernardo Teixeira Inducted Into Business Honor Society

Bernardo Teixeira of Quincy has been inducted into Sigma Beta Delta, the International Honor Society in Business, Management, and Administration, at Curry College.

In order to qualify for

Two Earn Simmons Degrees

Two Quincy residents recently graduated from Simmons University in Boston. Alessandra Panontin Courand earned a Bachelor

Sigma Beta Delta at Curry College, a student must be either a Business Management or Accounting major who has earned a minimum of 60 credits from Curry and ranks in the upper 20 percent of their class.

Kara Marie Fellows earned a Master of Science in nursing.

For more information, visit www.simmons.edu.

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Dinner served 12:00pm until closing
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www.HearthnKettle.com

229 On Broad Meadows Middle School Honor Roll

Two hundred twenty-nine students are listed on the second term honor roll at Broad Meadows Middle School.

HIGH HONORS

Grade 8: Maha A. Al-Ibrahimi, Onuchi S. Alamba, Victoria C. Bandeira, Kristi Becka, Victoria P. Bentley, Julie H. Blois, Madelin T. Caggiano, Marissa Cakuli, Caroline C. Campbell, Audrey R. Capone, Harun Chaani, Corey N. Chaparro, Gelannet K. Christopher, Kyle R. Deboer, Nadia J. Dickerson, Charles J. Doyle.

Eleon A. Fenelus, Chloe A. Fitzgerald, Mairead J. Folan, Mattea B. Garrett, Ruari P. Gorham, Rajan Hamzallari, Ronak Jahan-

giran, Alexandria G. Kane, Cady A. Kelly-Hansbury, Huang V. Le, Tiffant Le, Thomas W. Lebo, Ruby M. Levine, Adam Lin, Tess S. Louzan, Monique Lu, Maggie A. Lynch, Shane M. MacNeil, William G. Martin, Grace N. McDonald, Lena K. Nguyen, Delia A. Nichol, Andrew R. Novak.

Angela N. Pham, Cameron A. Quigley, Alexander T. Rheault, Mallory C. Rimovitz, Yuwary A. Rodriguez, Lily Rong, Jaimie J. Sansouci, Sadeq J. Sha-reef, Reese M. Smith, Kate-lyn R. Stirling, Meghan A. Sweeney, Brynn B. Toler, Caroline E. Tracey, Anna K. Tran, Steven K. Tran, Maximus M. Vantassell, Skyla P. Whalen, Haixiang Yu, Anna

Zheng.

Grade 7: Tayf H. Al-Saad, Maria G. Bengoa Croxatto, Nathan W. Chaisson, Anita Chen, Aidan Q. Fisher, Helena M. Galvani, Nicholas J. Gott, Joshua L. Knowles, William Z. Lam, James T. Li, Abir Loukrati, Kate J. Lyons.

Isabella G. McDonnell, Easter K. Mulyanga, Lena N. Pham, Philip M. Prioli III, Matilda Z. Rollins, Tomas Topalli, Tuyu M. Valle, Alanagh M. Walsh, Alp Yokus.

Grade 6: Callathea Alesandro, Alisha B. Cadet, Megan M. Caldwell, Kailyn S. Carey, Ellarose M. Cary, Khidhri Chaani, Samantha Chen, Jack W. Dias, Gianna T. DiBona, Ashlinn M. Fo-

lan, Ciara E. Folan, Madilyn P. Glynn, Dylan J. Gorman, Cemre Gumus.

Alyssa J. Hopps, Isabel H. Keane, Joshua P. Kerfien, Lillianna F. Kopiec, Oliver J. Levine, Timothy M. Long, Kevin Luu, David M. Mellyn, Caitlin M. Murphy, Jillian M. O'Brien, Thomas I. Plonowski, Gana J. Sha-reef, Riley C. Sullivan, Josalyn G. Vando, Khoi B. Vo, Joshua I. Wakhweya, Matis Xhelepi, Kevin Zheng, Yin-lin Zhu.

HONORS

Grade 8: Laisha Y. Arrendell Pimentel, Brian A. Baker, Daniel J. Ballerino, Victor H. Bandeira, Juan P. Bengoa Croxatto, Emily R. Bowers, Morgyn T. Butler, Kyleigh H. Cipriano, Hanna A. Concannon, Serena M. Crane, Joseph R. Cugini, Xingwen Deng, Alexis M. Dussault, Ethan J. Earnest, Logan M. Goins, Sophia Y. Huang.

Sarah E. Kabay, Stanley Li, Kyane A. Lopes Teixeira, Grayden C. Louissaint, Joseph P. Martin, Sean D. McInnis, Lilly P. McKeon,

Mya J. Millette, Samuel K. Mulyanga, Jakari V. Murphy-Lagrang, Nhi T. Nguyen, Madison M. O'Connor, Maeve M. O'Donoghue, Isabella S. Plonowski.

Chaleigh M. Reardon, Ethan C. Sheng-Clarke, Rayna M. Smith-Pelletier, Caelyn E. Soule, Mary Tan, Jimmy Truong, Liam D. Van Gestel, Anisah L. Williams, Stephen J. Wright.

Grade 7: Fatema R. Al-Janabi, Fatma M. Alkinani, Caroline E. Beers, Amari J. Blair, Adam G. Bonica, Aidan G. Bridges, Nathaniel J. Campbell, Madison R. Chenette, Grace M. Connor, Owen G. Desmond, Emma R. Drinkwater, Elijah J. Dubois, Sadie M. Galvin, Chase E. Gillespie, Christopher R. Goyette, Jesse F. Hansen, Matthew J. Hollatz, Emma R. Holliday.

Alondra L. Ibrahim, Aiden S. Judge, Isabel C. Krammer, Joseph C. Lencki, Edward J. Lynch, Megan F. Lyons, Leili J. Mahrouk, Dillon P. Mandawe, Trevor J. Mangino, Paige E. Mann, Luca A. Mochi, Ross N.

Mwafurirwa, Henry Nguyen.

Sarah C. O'Rourke, Meira A. Oakes, Jordan T. Ong, Dillan M. Perkins, Elijah X. Ramdhanny Marshall, Mia C. Scaife, Emma A. Smeaton, Samuel N. Swan, Zi Ming Tan, John Toland IV, Sofia T. Vallesi, Jesus M. Vega-Ramos Jr., Francis J. Walsh, Asya M. Wright.

Grade 6: Marcello A. Barros, Vivian D. Bentley, Joshua D. Castillo, Bishan Chen, Kevin Chen, William J. Codner, Bridget M. Colleton, Natalie M. Costa, Aidan Dao, Alessandra N. Diruzza, Alexander L. Doyle, Olivia L. Froehlich, Aaraya L. Gray.

Leaha S. Johns, Emily E. Jones, Matthew J. Manzi, Kelly J. Mei, Catherine B. Mulyanga, Shea N. Nolan, Salma Oubtrou, Jack F. Reilly, Luke R. Rheault, Devin Rong, Aiden M. Santos, Luke T. Scott, Patrick R. Stanton, Serena A. Swan, Adriana R. Taglieri, Antoine N. Trowers, Timothy Z. Wong, Edison Ye, Jialin Zheng.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Chocolate Cake-In-A-Mug

By MARIE

Have you ever heard of making a single chocolate cake in a mug?

I had heard of this recipe but never tried it until recently. It is so delicious and easy to make, you will love it.

This cake-in-a-mug is a nice treat for when you just want a little dessert and not be tempted with a whole cake.

INGREDIENTS

- 3 tablespoons of all-purpose flour
- 2 tablespoons of sugar
- ¼ teaspoon of baking powder
- 2 tablespoons of cocoa powder, unsweetened
- 3 tablespoons of milk

- 3 tablespoons of vegetable oil
- 3 tablespoons of chocolate chips
- A splash of vanilla extract

DIRECTIONS:

You will need a 12-ounce, microwave-safe ceramic mug and a microwave oven.

Put the flour, sugar, baking powder and cocoa powder in the mug. Blend well with a fork and then add milk, vegetable oil and vanilla, blend until smooth and then add the chocolate chips.

- Mix all of the ingredients together well.
- Microwave on high for 90 seconds. Do not overcook or the cake will be dry.
- Let cool 2 or 3 minutes for before eating.
- Can be served with ice cream.

Spiced Salmon Citrus Olive Salad

By SUSIE

Salmon is high in Vitamin D, a nutrient that helps to boost the immune system, as well as vitamin B12, selenium, niacin, omega-3 fatty acids, protein, phosphorus and vitamin B6. It is also a good source of choline, pantothenic acid, biotin and potassium.

The skin is important to leave on (and cook crisp) because many of the omega 3's are contained there (thanks to the plankton it consumes in the wild.) Wild salmon only! Avoid farm raised. It is loaded with antibiotics and dyes.

Here is a recipe that was adapted from the O'RAH magazine for a Spiced Salmon Citrus Olive Salad.

- 1 1/2 tsp cumin
- 1 1/2 tsp fennel
- 1 1/2 tsp black pepper
- 1/2 tsp garlic powder
- About 1 1/2 tsp sea salt
- 3 large naval oranges, peeled and separated
- 1 lime, peeled and pith removed
- 1/4 cup thinly sliced red onion
- About 10 kalamata olives, sliced
- About 3 tablespoons EVOO (extra virgin olive oil)
- 2 tsp raw honey
- 1-2 tsp apple cider vinegar (according to taste)
- 8 (3 ounce) center cut salmon fillets



Directions

In a small bowl, mix cumin, fennel, pepper, garlic powder, and half a teaspoon salt. Set aside.

In a large bowl, cut oranges to release sections and place into a large bowl, and repeat with lime. Add in the onion, olives, honey, vinegar, another 1/2 teaspoon of the salt, and 2 tablespoons of the oil.

In a large skillet, heat the rest of oil on medium high heat and season the salmon with the rub from small bowl, pressing into the fish.

Cook until browned on both sides, not too long.

Lightly break up pieces and place on the salad, which you placed on a platter.

Drizzle with more olive oil if you like and add more salt if needed.

ENC Theatre Dept. Presents 'Romeo And Juliet' April 11-13

Eastern Nazarene College's Theatre Department completes its 2018-19 season with William Shakespeare's Romeo and Juliet. Performances are scheduled Thursday, April 11 through Saturday, April 13.

"So often, people don't want to see Shakespeare because they are afraid they won't understand the language or they think it's about a different time and people. But his themes are just as powerful and relevant today," said Theatre producer Tara Brooke Watkins.

The production will be set in contemporary times

with a set evocative of Boston's Commonwealth Ave. "This story is about urban wealth and the disconnection it can create from society to the point that it blinds you to what's happening in your own family," said Director Jessica Ernst.

The theatre majors at Eastern Nazarene College are required to learn technical skills as well, so the show is being costumed by the current tech class.

"It is a misconception that Shakespeare should be done in Elizabethan clothing with Elizabethan sets," said instructor of the class and technical director Al-

lison Tucker. "Shakespeare himself was writing about his own time and his actors were using their own modern day clothing. They didn't worry about finding costumes. So, by us doing the play in contemporary dress and set, we are giving to our audiences exactly what Shakespeare was giving to his."

Because the college is also dedicated to producing quality theatre for educational purposes, the production will run a 10 a.m. matinee on Friday, April 12th, for students and educators to attend.

"This could be the introduction to theatre for some students," said Watkins. "It could also be the first time they've seen Shakespeare live. We want to give that opportunity to our community."

The production runs April 11-13 and the college is hoping local families will bring their students out to see Shakespeare live. Thursday and Friday performances begin at 7:30 p.m. Saturday's April 13th performance runs at 2 p.m.

Tickets: \$5 children 12 and under, \$8 students/seniors, \$10 adults. All seating is general admission. Doors will open one half hour prior to curtain.

For tickets call 617-745-3715 or visit brownpapertickets.com and enter "Romeo and Juliet" in the search box. ENC will produce Titanic, the Musical next fall.

Lifeguard Training Course

The City of Quincy Recreation Department will conduct an American Red Cross Lifeguard Training Course at the Lincoln Hancock Community School Pool during April school vacation.

The course is open to participants who are at least 15 years of age and capable of passing a pre-requisite water skills test. The pre-requisite swim test will be given to all candidates on Tuesday, April 16, at 10 a.m. at the Lincoln Hancock Community School Pool.

Class will be held on Tuesday, April 16th through Friday, April 19th from 10 a.m. to 3 p.m. at the Lincoln Hancock Community

School Pool. Registration for the course is limited and can be done online at QuincyRec.com, or in person at the Quincy Recreation office, One Merrymount Parkway, between 9 a.m. and 4 p.m. Monday through Friday. The cost of the program is \$180, which includes all books, supplies, and Red Cross fees.

Upon successful completion of the course, an American Red Cross Lifeguard Training Certificate, CPR for the Professional Rescuer and First Aid Skills will be issued.

More information is available on QuincyRec.com and by calling 617-376-1394.

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Allergy Triggers: How To Reduce Allergy Symptoms

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Many things can trigger an allergic reaction. Allergies occur when the immune system overreacts to an otherwise harmless substance identified as an allergen. It happens when your body's defenses attack things, such as pollen, animal dander, or food.

The reaction can range from mild and annoying, such as a sneeze to sudden and life-threatening such as anaphylactic shock. In the US, about 30% of all adults and 40% of children have allergies. The most beneficial way to reduce allergy symptoms is to avoid your allergens. So, what could you be allergic to?

Pollen

It originates from plants such as grasses, trees and can trigger hay fever or seasonal allergies. You may sneeze and have a runny or stuffy nose and itchy, watery eyes. Most of the symptoms can be treated with over-the-counter products, prescription drugs, and allergy injections. To help avoid symptoms, stay inside on windy days when pollen counts are high, close windows, and run the air conditioning.

Pets

Do you notice sneezing, coughing, red, watery eyes, or skin rashes every time a pet is nearby? Chances are you're one of the many people who suffer from a pet dander allergy. Pet dander is a protein mix secreted in an animal's skin and saliva, so even a hairless cat or a shaven dog could set off symptoms. Reduce your allergies by avoiding pet hair and dander, vacuuming frequently and investing in an air filtration system.

Cockroaches

These pests can cause allergic reactions like sneezing, coughing, and itchy eyes, nose, mouth, and throat. The proteins in cockroach droppings, saliva, and appendages are allergens for many. And the higher the concentration of cockroaches, the more likely people are to react allergically to them.

Latex

Latex is everywhere. It can be found in disposable gloves, condoms, adhesive bandages and even medical devices like catheters. Allergic reactions to latex can be serious, and although rare, even fatal. Additional symptoms include itching, stuffy nose, hives, wheezing, and difficulty breathing. The more you've been exposed to latex, the more likely you

are to develop latex allergies.

Nickel and Gold

If earrings make your earlobes itch or your bracelet leaves a rash around your wrist, you may be allergic to gold or nickel. You may see redness, rash, dry patches, or swelling and if untreated, this can progress to dark, leathery, cracked skin.

Red Food Coloring

If you observe hives, itchy skin, wheezing, vomiting, or diarrhea after eating red, orange, pink, or purple dyed foods, you may have a rare allergy to red food coloring. The cause of the reaction is the pregnant cochineal bug, which lives on prickly pear cactuses from Arizona to South America, and precisely, their carmine pigment. While rare, allergies to red dye can be extremely serious.

Insect Bites and Stings

If an insect bite or sting develops into swelling, nausea, itching, hives, fatigue, or a low-grade fever, you may be experiencing a mild allergic reaction. Certain insect allergies are more serious and can include anaphylaxis, which produces symptoms like swelling of the face, mouth, tongue, throat, and other serious symptoms such as difficulty breathing and low blood

pressure.

Allergy Risks in the Medicine Cabinet

A number of people have allergic reactions to medications spanning from mild to life-threatening. Although some mild reactions may be treated with antihistamines or steroids, most healthcare providers will suggest that you discontinue the medication. If you've experienced severe medication allergic reactions, consider carrying an EpiPen and wear a medical bracelet to notify caregivers of your severe allergy.

Cosmetic Allergies

Have you ever been plagued by burning, stinging, itchy skin or hives after applying makeup? You may be among the one in four people who have suffered a skin reaction from cosmetics. These reactions aren't solely limited to makeup: allergic reactions to cologne, perfume, or shampoo can have comparable results.

Foods

If you ever sensed your throat tighten or your tongue swell, experienced dizziness, shortness of breath, or hives after eating something, you may have had an allergic reaction to a food. Food allergies affect about 4 percent of adults and slight-

ly more children. Symptoms of food allergies can also include coughing, vomiting, pale or blue skin coloring, shock, and the potentially anaphylaxis. Some common food allergens include eggs, milk, peanuts, tree nuts, fish, shellfish, wheat, and soy.

Dust Mites

Dust mites are common allergens in most of the U.S. These microscopic mites live in pillows, mattresses, and carpets and feed on dead skin. Throwing out objects like stuffed animals and complex items that are hard to clean assists in reducing dust mite allergies. Washing sheets in hot water and placing pillows and mattresses/box springs in dust mite encasements will also help keep dust mite allergies to a minimum.

Molds

Bothered by a runny nose, sneezes, wheezing, itchy throat, and irritated eyes? You may have acquired an allergy to mold. Molds require a lot of moisture to survive and grow and typically live in damp or wet areas. Bathrooms and basements are prime spots for molds inside the home, while grass and mulch outside provide suitable growth conditions. Good ventilation in bathrooms and base-



RUTH JONES

ments helps to keep these areas dry and suppresses mold growth. Cutting grass, raking leaves, and spreading mulch may trigger mold allergy symptoms.

Fragrances

Fragrances can initiate headaches, sneezing, watery eyes, dizziness, hives, and rashes. Yet, most of these reactions aren't technically allergic, but rather suggest sensitivity to certain fragrances. Of the more than 5,000 fragrances used in everything from perfumes and shampoos to paint and dish soap, eight have been verified as causing allergic skin reactions. The remainder of the reactions are more accurately referred to as sensitivities, which can result in symptoms similar to allergies, but not anaphylactic shock.

Ruth Jones is the health commissioner for the City of Quincy.

Statewide Public Information Campaign Targets Teen Vaping

The Baker-Polito administration has launched a statewide public information campaign to raise awareness among middle and high-school aged youth about the dangers of vapes and e-cigarette use.

State officials announced the public health campaign alongside student advocates during a recent event at the State House in observance of Massachusetts' Kick Butts Day - a day of activism that empowers youth to stand out and speak up against tobacco companies.

"We took an important step alongside our colleagues in the Legislature last year to prevent addiction among young people and encourage healthy choices by raising the legal age for buying tobacco to 21," said Lt. Gov. Karyn Polito. "We look forward to the public awareness this important campaign will bring to young people across Massachusetts about the harmful effects tobacco products can have on their lives."

In January, the Baker-Polito Administration proposed applying the current 40 percent excise tax imposed on cigars and smoking tobacco to include vape products, as well as a 13.75

VAPES AND CIGARETTES

Different products. Same dangers.

[]

[]

ADDICTION

NICOTINE

CANCER-CAUSING CHEMICALS

GET THE FACTS

Some vape pods have as much nicotine as 20 cigarettes.

If you water vapor, avoid from vaping has cancer-causing chemicals.

Nicotine can harm your brain, including your memory and ability to learn.

If you vape, you are 4 times more likely to smoke cigarettes.

mass.gov/vaping

GetTheVapeFacts

percent retail tax on electronic cigarettes.

The latest statewide data shows 41 percent of Massachusetts high school students have tried e-cigarettes at least once. About 20 percent of them reported using e-cigarettes in the past 30 days - a rate six times

higher than adults. Nearly 10 percent of middle school students say they have tried e-cigarettes.

"Vaping is a public health crisis, and young people who vape are four times more likely to smoke cigarettes," said Health and Human Services Secretary

Marylou Sudders. "It is essential that young people understand the serious risks associated with these products and be empowered to make informed, healthy choices."

The campaign, Different Products, Same Dangers, links the dangers of vaping to cigarette smoking, and was developed with the input of middle and high school students across the state as well as student leaders from The 84 Movement against teen tobacco use who helped organize Kick Butts Day.

"The same marketing tactics used by the tobacco industry to get young people addicted to cigarettes is being used to promote vaping and e-cigarettes," said Public Health Commissioner Monica Bharel, MD, MPH

who wrote an Op-Ed earlier this year urging parents to talk to their kids about the dangers of vaping. "These are not harmless products - like cigarettes, they are dangerous and they are addictive for young people."

Vaping products are sold in nearly 8,000 flavors, many of them sweetened to appeal to young palates. They're cheaply priced to encourage impulse buys and they're easy to get - available at gas stations, corner stores, mini-marts and other convenient locations.

Different Products, Same Dangers will be featured online, via social media channels and on billboards beginning this month. The campaign also includes posters, flyers and removable graphics to place on

school bathroom mirrors and stalls.

This is the second public information campaign DPH has dedicated to raising awareness about the dangers of vaping. DPH's first campaign, the New Look of Nicotine Addiction which was launched last year, sought to educate the parents of middle and high school age children about the dangers of vaping and e-cigarettes.

The Tobacco 21 law Governor Baker signed last summer raised the age to purchase e-cigarettes from 18 to 21, expanded the ban on workplace smoking to include e-cigarettes, and prohibited pharmacies from selling e-cigarettes.

For more information on vaping and the campaign, visit mass.gov/vaping.

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Courtney Perdios Seeks Seat On School Committee

Courtney Perdios announces her candidacy for Quincy School Committee.

Perdios and her family live on Ruggles Street in Quincy Point. She and her husband, Steve, married at St. Joseph's Church in 2004 and have three daughters — Casey (11), a fifth grader at Point Webster Middle School, Molly (9), a third grader at Clifford Marshall Elementary, and Hannah (7), a second grader at Marshall.

Courtney is a community activist and an active volunteer in Quincy's schools. She is currently co-president of both the Clifford Marshall PTO and Quincy Citywide PTO. She is an active member of the Point Webster PTO as well. She has brought many new ideas and initiatives to the PTO groups she's been a part of.

"I strongly believe that a PTO is about more than just fundraising; it's about creating a sense of community where all of the students and their families feel comfortable, supported, and accepted," Perdios said. She said she prides herself on researching issues and asking questions in order to understand all sides of an issue before advocating a position.

Through her PTO work, Courtney has worked effectively with many people, including Mayor Koch, Superintendent DeCristofaro and his leadership team, School Committee members, Quincy's Parks and Recreation department, Quincy's Public Buildings department, school principals and teachers, and fellow parents from across the city.

"Quincy has a fantastic public school system," Perdios said. "I have seen up close the impressive amount of time and effort QPS puts into developing and evolving the academic curriculum, respecting and



COURTNEY PERDIOS

supporting the social/emotional development of students, ensuring the safety of all students, providing opportunities for students to experience the arts, offering an impressive athletic program, and making sure students have the services they need to learn and grow."

It is because the system has such a solid foundation that Courtney says she wants to seek a seat on the school committee.

"It's exciting to help make a strong system even stronger," Perdios said. "In my role on Citywide, I have been fortunate to have been able to hear the concerns, ideas, and suggestions from parents across the city." Improving school to parent communication, making the pathway to special education services easier to navigate, ensuring equality and equity across the system, and respecting the diversity of each and every student are some of the things Courtney says she is looking forward to working on.

"We have strong leaders on the superintendent's team, experienced school administrators overseeing our schools, teachers that are compassionate and excellent at getting the best from their students, custodians that take pride in their school grounds, and security teams that care for the students like they were their own kids. It takes a village

to raise children, and we have that here in Quincy," Perdios says.

Courtney has also been a member of the Quincy Environmental Network (QEN), a citywide volunteer environmental advocacy group, since its founding in 2001. She worked on the QEN-led campaign to bring the Community Preservation Act to Quincy, which has funded many projects across the city, including outdoor classrooms at some of Quincy's schools, protecting land for open space, and improving recreation fields and historic sites across the city.

Courtney and her family are active in St. Joseph's Parish in Quincy Point. Courtney is a lector, while her husband is one of the leaders of the youth ministry program, and their children sing in the youth choir every Sunday morning at the family Mass.

Courtney is originally from North Attleboro, and graduated from Bishop Feehan High School in 1997. She received a B.A. in English and Art from Stonehill College in 2001. Courtney worked at Art New England Magazine, and was Production Manager at SAIL Magazine until 2008. She has been working as a part-time editor at Boston University's School of Public Health since 2010, and has taught fitness classes at Northeast Health and Fitness (formerly the Quincy Athletic Club) since 2009.

Courtney will kick off her campaign on Monday, April 29th at Cagney's on Washington Street from 5:30-7:30 p.m. All are invited to attend. Suggested donation is \$20 per person, but any amount is appreciated. For more information about the kick-off event or to volunteer for her campaign, email Courtney at courtney-perdios@yahoo.com or call her at 508-944-3990.

Noel DiBona Running For 3rd Term As Councillor At-Large

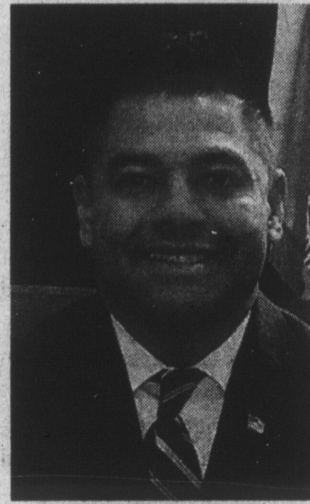
Councillor at-Large Noel DiBona announces his campaign kick-off for re-election. The Committee to Re-Elect will host the kick-off reception on Wednesday, April 24 from 5 to 8 p.m. at Alba Restaurant, 1464 Hancock St., Quincy Center.

DiBona was first elected to the Quincy City Council in 2015 and is seeking his third term. Prior to being on the City Council, DiBona served as a school committee member and Park and Recreation board member.

DiBona resides in the Merrymount section of Ward 1 with his wife Niamh and three young children Tyler, Aidan and Nora. They are members of the Merrymount Neighborhood Association and are volunteers with Cleaner Greener, the citywide cleanup of beaches, parks and schools. DiBona owns a small business in Quincy, Russ DiBona & Son Landscaping, Inc. He has been in business for 23 years.

DiBona is a product of the Quincy Public Schools and graduated from Quincy High School in 1993. DiBona furthered his education by earning a bachelor's degree at the University of Massachusetts Boston.

Over the last year, DiBona



NOEL DIBONA

has put forward resolutions and has been actively working on initiatives in storm relief preparedness, Citizens Emergency Response Teams, seawall improvements and future pumping stations in Houghs Neck, Adams Shore, Merrymount and Germantown. DiBona said his top priorities include proper funding for the Quincy Public Schools, public safety in the Police Department and Fire Department, and infrastructure improvements of roads and sidewalks.

As a city councillor, DiBona has been the chairman of the Veterans Services Committee. This past year DiBona worked with fellow Councillor Brad Croall in establishing Quincy as a Purple Heart City. DiBona

also supported and participated in the first ever Wreaths Across America in Quincy at the Mount Wollaston Cemetery on Dec. 15, 2018. Since 2012, DiBona continues to help with The Flags for Veterans Island at Fort Square for the Sons of American Legion at Morrisette Post 294, as a junior vice commander.

Since 2016, DiBona has served as the City Council's representative on the Community Preservation Committee, which helps fund historical preservation, open space, outdoor recreation and affordable housing projects. DiBona says he is happy to be a board member of the CPC, which has funded over 24 new playgrounds across the city, including the Beechwood Knoll, Wollaston, Merrymount and Della Chiesa school playgrounds, as well as Quincy's first all inclusive playground for children with disabilities at Fore River Field.

"I enjoy representing the citizens of Quincy as your citywide councillor-at-large over the last four years and want to continue to advocate for you," DiBona said. "I humbly ask for your vote. For more information, please visit my website at facebook.com/NoelTDiBona."

Shoe Drive At Bridgewater Credit Union Local Branch



LYNNE RANEY, universal banker at Bridgewater Credit Union, donates shoes at the BCU branch in Quincy. Merrimack Valley Credit Union (MVCU) and Bridgewater Credit Union (BCU), a division of Merrimack Valley Credit Union, are hosting shoe drives at their local branches to collect donations for Lazarus House Ministries Inc. in Lawrence and GiftsToGive in Acushnet. The organization will also donate \$5 to the nonprofits for every pair of gently used shoes collected, up to \$10,000. The shoe drive lasts through April 30.

Photo Courtesy Tessa Kurman Ali

8 Quincy Students On Thayer Academy Honor Roll

Eight students from Quincy are listed on the second semester honor roll at the Upper School of Thayer Academy, Braintree.

They are:
HIGH HONORS

Grade 12: Miriam Post, Maria Theodore.

Grade 11: Anna Chau, Madeleine Farrell.

Grade 9: Gavin Toland.

HONORS

Grade 12: William Sco-

Grade 9: Brett Collins,

Robert Keegan.

5 On Thayer Middle School Honor Roll

Five students from Quincy are listed on the second term honor roll at Thayer Academy Middle School, Braintree.

High Honors: Raleigh Murphy-Morris.

Honors: Jennifer Ayles, Aoibhe Gormley, William Kourafas, Julie Song.

Coastal Heritage Bank, Equitable Bank Merge

Coastal Heritage Bank, wholly-owned subsidiary of South Shore Mutual Holding Company, and Equitable Bank announce the completion of their merger.

Effective April 1, pursuant to the terms of the Agreement and Plan of Merger dated as of Jan. 1, Coastal Heritage Bank and Equitable Bank will merge, with Coastal Heritage Bank as the surviving bank. As a result of the merger, Coastal Heritage Bank will have combined assets of approximately \$850 million and customers of both banks will

have access to fifteen banking centers located in East Bridgewater, Green Harbor, Hanover, Hingham, Marshfield, Norwell, Quincy (2), Scituate, Weymouth, East Weymouth, South Weymouth, Nahant, Kingston, and Lynn, Massachusetts.

The merger will not result in any job losses or branch closings, bank officials said.

"We are excited to begin our partnership," said Donald P. Gill, president and chief executive officer of the combined Coastal Heritage Bank. "We are confident

that our combined scale, experience, and local leadership will allow us to provide greater benefits to customers and employees, while remaining a very strong regional community bank."

Robert W. Terravecchia, Jr., Vice Chairman and Chief Operating Officer of the combined Coastal Heritage Bank, added:

"Our combined Board of Directors and executive management team are pleased to announce the completion of the merger and look forward to implementing our shared vision."

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Nomination Papers Available May 7

Crispo Re-Elected City Clerk

By **SCOTT JACKSON**

Election season will hit full stride in less than one month, with prospective candidates able to start pulling nomination papers on May 7.

Quincy voters will head to the polls this fall for the city's municipal election. A preliminary election for this year's municipal contests would be held Sept. 10, if necessary, with the final election slated for Nov. 5.

Mayor Thomas Koch and all nine city councillors are up for re-election this year. Three of the six School

Committee seats will also be up for grabs in the fall.

Nomination papers are available for those seats on May 7. The deadline to submit those papers to the Board of Registrars of Voters is July 19 at 5 p.m. Certified nomination papers, including a statement of candidacy, would then need to be filed with the City Clerk's Office by 5 p.m. on Aug. 6.

The signatures of 50 registered voters are required for each office in a municipal election. Residents running for one of the six ward

councillor seats must obtain the signatures from within their ward.

A preliminary election would be required if more than two candidates run for mayor or any one ward council seat, or if more than six ran for either councillor at-large or the school board.

A drawing to determine the ballot position for the preliminary election would be held at 10 a.m. on Aug. 16. The deadline for residents to register to vote in the preliminary election would be 8 p.m. on Aug. 21, and absentee balloting

would end at noon the day before the preliminary.

The deadline to file for a recount after the preliminary would be 5 p.m. on Sept. 16. That is also the deadline to withdraw from the election and the deadline for write-in candidates to accept a nomination.

The deadline to register to vote in the Nov. 5 general election is Oct. 16 at 8 p.m. Absentee balloting ends at noon on Nov. 4.

Nov. 15 at 5 p.m. is the deadline to file a recount petition following the general election.

By **SCOTT JACKSON**

Members of the City Council lauded the work of Nicole Crispo, Quincy's city clerk since 2016, when they recently re-elected her to a new three-year term.

Crispo was first elected to her position by the City Council in April 2016, following the retirement of Joseph Shea. Crispo first began working for the city's clerk office in 1999 and was named assistant city clerk in 2014.

The City Council unanimously re-elected Crispo to a new three-year term on April 1.

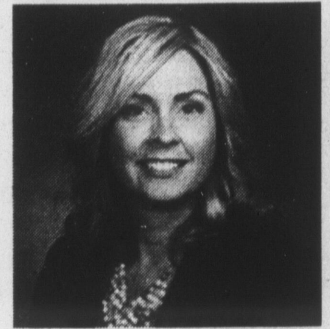
Ward 1 Councillor David McCarthy said Crispo had big shoes to fill when she succeeded Shea, who served as city clerk for 24 years. McCarthy said she has done a tremendous job since she took over for Shea.

"I have the honor tonight to nominate a young lady who has done a tremendous job," McCarthy said. "She filled big shoes here at the City Council and for the city and has done a tremendous job overall."

Ward 5 Councillor Kirsten Hughes said Crispo's knowledge, love for the city and love for the people she works with have been a benefit to city councillors past and present.

"[We] have been tremendously helped by Nicole, not only by her knowledge at her job, her love of the city, but her true love of people and the friendship she has offered all of us," Hughes said. "I'm so pleased that she has decided to stay another term."

Councillor Noel DiBona called Crispo reliable and accessible on a number of issues.



NICOLE CRISPO

"You've been reliable, very accessible to talk to on all different issues," he said. "You've been a great clerk. I want to thank you for all your work and I'm looking forward to the next few years."

Councillor Nina Liang said Crispo is a phenomenal person and city employee.

"She has been phenomenal, not only here on the City Council, but I've gotten to know her from just being a resident here in the city and a business owner here in the city and now as a councillor here in the city," Liang said. "She has been amazing, and I can't say enough nice things about her, but I wanted to take the opportunity to thank her for being all-around a phenomenal person and a phenomenal employee of the city."

Following the vote, Crispo said she was humbled and honored to serve as city clerk.

"I just want to say thank you to all of you for being so good to me over the last three years," she said. "I'm humbled and honored to serve as your city clerk, for you and all the residents of the city."

"We are happy to have you," City Council President Brad Croall said in response.

The city clerk's position has a \$123,260 salary in the current fiscal year ending June 30.

More Healthy Choices For School Lunches

By **TOM GORMAN**

Salad bars and fresh vegetables are increasingly becoming popular offerings in the city's school lunch program.

"This year we embarked on a journey to get more vegetables in front of students," Quincy Public Schools nutrition Director Sara Dufour told the school committee recently as she and assistant nutrition Director Sarah Ginn reviewed the district's nutrition program. "One thing we wanted to do was make sure each high school had an active, daily working salad bar."

Dufour, registered dietitian, explained that this year salad bars have been placed in the North Quincy and Quincy high schools' cafeterias and have been a hit with both students and staff.

"It's been a huge success," she said.

The salad bars have separate serving lines and contain leafy vegetables, mixed greens, romaine, carrots, pasta and chicken salads, tuna, eggs, grains, and milk.

Dufour said that the cafeterias always offered pre-packaged salads and served about 20 a day at North Quincy high and about 25 a day at Quincy high. Since the launch of the salad bars this year, 114 and up to 100 salads daily are served respectively at the high schools.

Before launching the salad bars, a survey was conducted and found that 72 percent of students said they would try a salad bar. According to a post-salad bar survey, 81 percent of students said they use it and 74 percent enjoy it.

Dufour said students sur-

veyed indicated they like the pasta salad, tuna, and eggs, but, said they would like more vegetarian and meat options.

"We can do that," she said.

Accompanying the salad bar at North Quincy High School is a "tieraponic garden," a four tiered garden on a cart where lettuce and herbs are grown. Each level has its own heat lamps. Dufour explained that every 7 to 11 days, the garden is harvested and each harvest can make 25 salads.

"The cart is wheeled next to the salad bar," she said.

"The students can make a connection that we are using some of these products in your salad. The kids got really excited about making that connection of this where it is being grown and this where it is being served. It's a great educational opportunity for the kids as well."

Traveling salad bars are making the rounds at the elementary school cafeterias. Last spring and fall, the salad bars spent four days at each of the city's 12 elementary schools. This spring, the traveling salad bars will be back.

Dufour said the mobile bars offer seasonal fruits and vegetables. She added that students are educated about the food groups during the visits.

"We talk to them about the sub food groups and why they are important to a healthy lifestyle," she said.

Some of the district's schools have their own gardens. A Farm to School Grant secured by the city allowed representatives from Holly Hill Farm in Cohasset to come in and help prepare the gardens. The vegetables are used for lunches in the cafeterias.

Dufour said that one day a meal was prepared from the produce harvested from the gardens. Kale and garlic were the main ingredients and carrots were made into crispy fries.

"It's great to show that connection to students," she said.

Dufour said the grant not only funded the salad bars, but also allowed the food service department to purchase more equipment. Seven industrial blenders were purchased that create 75 smoothies simultaneously from fresh fruit and vegetables.

SQSC 3rd Annual Toiletries Drive For Homeless Teens

The South Quincy Social Club (SQSC) is again collecting toiletries for the QPS Homeless Teen Program.

Items needed include: toothbrushes, tooth pastes, deodorants, body wash, shampoo, conditioner, shaving needs, combs, brushes, feminine products, wash-

clothes, and first aid kits.

Donations may be dropped off at The Quincy Sun at 1372 Hancock St. or Cagney's Restaurant, 214 Washington St. The last pickup for donations will be May 7th. For more information, email Lynne @ lilpj4242@hotmail.com.

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Veterans' Services: 'We Can Help'

By GEORGE NICHOLSON
Director, Quincy Veterans' Services

The world of benefits, both federal and state, for veterans, their dependents and their survivors is extensive and can be, understandably, confusing.

Getting accurate information on what is and isn't a benefit and the entitlement to it, is often a challenge in and of itself. This fact is frequently complicated by a barrage of "information" that is often freely given and shared by a plethora of well-intended, but ill-informed individuals and unofficial sources. (Sources sometimes referred to as "bar-room barristers" or "barracks lawyers".)

There is no shortage of cases in this country where misinformation or ignorance of entitlement has cost veterans, their dependents or their survivors thousands of dollars, in cash and in services, over the years, in otherwise available but unknown benefits. The agencies which provide these benefits spend large amounts of money each year – in print, on-line and through other venues – to publish and promote their benefit programs to their targeted potential eligible clients. Unfortunately, human dynamics being what they are, their efforts are never completely successful in reaching all of those clients. It is a very frustrating and disappointing feeling to learn that you are or have been entitled to a benefit which could improve your quality of life, but for which you have not applied.

The Commonwealth of Massachusetts, however, has gone the extra mile to insure that as few of the above frustrations are experienced as possible. Going all the way back to the Plymouth Colony, this state set its own legislation in motion to take special care of its veterans and their dependents. We are the only state in the nation which mandates that there be a veterans agent (who is a veteran him or herself) in every city and town, with the express mission of providing accurate information and services to the veteran population of that community. Massachusetts is the only state in the nation which has a separate financial assistance program for its veterans and their families. That program is administered by each local veterans services agent.

Here in Quincy, our veteran family has the benefit of a

Veterans Services office staff which has decades of experience in federal and state benefit administration and advocacy. We can help with information, procedures and applications for VA benefits and VA health care.

If you having trouble with a claim for VA disability or for pension benefits, we can help. We can help with state real estate tax abatements, state annuities, state "Welcome Home" bonuses and more. We can help, under qualifying conditions with some financial assistance.

Are you, or somebody you know, a veteran or the widow of a veteran on fixed and limited income? We may be able to help with monthly cash payments; help with fuel assistance; help with rent assistance; help with some emergency expenses and help with reimbursements for out-of-pocket medical expenses and medical insurance premiums.

If you are a single veteran or the widow of a veteran with monthly income of less than \$2,023 and less than \$5,000 in assets, we can help. If you are a married veteran with combined income less than \$2,743 per month and assets of less than \$9,800, we can help. If your monthly income is slightly over these figures, but you have a number of unreimbursable medical bills each month, we can help.

Call us. We are located at 24 High School Ave.. You can set up an appointment with us by calling 617-376-1192.

If you are a potential client, we are here to help you. Get the facts. Get the help. You can also help us by spreading the word about these potential benefits to your friends and neighbors who might fit one of these categories.

Massachusetts takes the lead in the nation for providing service and assistance to its veterans and their dependents and I have no problem with boasting that the City of Quincy takes the lead in our state in serving and caring for the most special people among our citizenry, our veterans and their dependents.

If any of the above circumstances might apply to you or to somebody you know, don't miss out any longer. Call us. We are here to help and we can make a difference.

George F. Nicholson

Director

Quincy Veterans' Services

Social Security Matters

Social Security's 'First Year' Rule

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I've been trying to determine the best way to proceed with retirement and could use some help. I'd like to retire on or about my 62nd birthday this September. Waiting for "full retirement" does not motivate as I have income replacement through my real estate investments. I'll have way over any earnings limits for 2019, but I don't want to have my benefits reduced. Can I apply as SSA suggests three months before my 62nd birthday without running afoul of SSA's arcane benefit reduction rules? Or should I quit first then apply? Please don't refer me to my Financial Advisor or local SSA office, they just confuse. **Signed: Anxious to Retire**

Dear Anxious: Well I'm afraid I can't offer you any obscure methods to avoid Social Security's rules and regulations, but perhaps I can clarify some things which will help you manage the timing of your application for Social Security benefits. From what you've said, I assume you mean you plan to retire from your working career in September, but by that time you will have greatly exceeded Social Security's annual earnings limit (which is \$17,640 for 2019). Again, from what you've said, you wish to claim SS as soon as possible but you don't want to lose any benefits because of exceeding the earnings limit. So, if you wish to claim SS as soon as you turn 62, you'll be happy to know that there is a special rule which applies for your first year of collecting benefits before your full retirement age (66 ½ in your case).

That "first year rule" essentially says that if you start benefits in mid-year, earnings prior to the month your benefits start don't count; instead you'll be subject to a monthly earnings test for the remainder of that year, once your benefits have started. So in your case, your first month of eligibility for SS would be the month of October (you must be 62 for the entire month to be eligible for benefits), and your benefit payment for October would be paid the following month (the payment date will be either the 2nd, 3rd, or 4th Wednesday of the month, depending on the day of the month you were born). Then, starting with the month of October, if you do not have earnings from working which exceed \$1,470 in any of the remaining months of 2019, your benefits will not be cut; but if you have earnings from working which exceed that monthly amount in any month for the rest of 2019, then you will not be entitled to SS benefits for that month. Exceeding the monthly limit by any amount (even by \$1) will cause Social Security to take back the full benefit for that month. So, if your plan is to retire from your working career in September and depend upon your savings and investments for income, and if you claim Social Security as soon as you're eligible in October and you have no further earnings from working, you'll not suffer any loss of benefits in 2019.

But just as a caution, after 2019 you'll still be subject to the annual "earnings test" because you're claiming Social Security before you reach your full retirement age, and the annual earnings test will apply until the month that you reach your full retirement age (after that, there is no longer a limit to what you can earn). As for when you should apply for benefits, Social Security recommends that you apply 3 months before you wish your benefits to begin. When applying, you can specify the month you want your benefits to start, so if you wish that to be at age 62 simply specify October 2019 as your benefit start month. Applying prior to September and specifying October as your benefit start month will not expose you to any extra earnings limitations over those explained above.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit the website amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Tight Revenues Prompt Norfolk County Commissioners To Make Target Cuts

Also Limiting Investments In Next Year's County Operating Budget

A challenging budget year with fixed costs far outpacing a slight growth in revenues has prompted the Norfolk County Commissioners to recommend a carefully constructed Fiscal Year 2020 (FY20) County operating budget with limited investments and significant reductions in various County personnel and expenditure line items, Commissioner Francis W. O'Brien of Dedham, chairman of the Norfolk County Commissioners, announces.

"The commissioners have had to make a number of tough decisions in order to balance next year's operating budget," explained O'Brien, discussing the efforts of the Norfolk County commissioners, the board that serves as Norfolk County's chief executive authority. "We've worked diligently to present a responsible, balanced budget that addresses the needs of all departments while working to minimize any impact to county residents."

Highlights of the county's proposed budget include capital funding for building and roof improvements at Dedham Superior Court. They also include targeted investments at

Quincy's Wollaston Recreational Facility through upgrades to its tennis courts, parking lot improvements, walkways and tree work using revenues made possible by programmatic changes at Presidents Golf Course.

"These investments are certainly a highlight in an otherwise challenging budget year," added Commissioner Joseph Shea of Quincy. "Anyone who knows anything about these facilities knows the degree to which these improvements are needed. We've continued to make these upgrades a priority and make the funding go as far as it can."

O'Brien noted that the Norfolk County real estate market, with historically low inventory, continues to impact the County's Registry of Deeds revenues, which account for approximately 30 percent to 40 percent of the county's total revenues each fiscal year. The commissioners decreased projected Registry revenues by \$800,000 over a two-year period and are now projecting flat Registry receipts into FY20.

Though the Commissioners are projecting a \$398,104, or 2.1 percent, increase in total net revenues,

the county is also facing a \$357,000 increase in retiree pension costs, a \$200,000 increase in health insurance and increases in a number of maintenance and utility costs. The commissioners, along with the Board of Trustees of the Norfolk County Agricultural High School, which is owned and operated by the county, continue their commitment to provide to the school the necessary resources to meet

the needs of its students. The county's proposed FY20 operating budget proposes a slight increase in funding to help the 'Aggie' meet that goal.

The Commissioners' proposed budget will now be forwarded to the Norfolk County Advisory Board, consisting of one representative from each of Norfolk County's 28 cities and towns, for its consideration and approval.

Drug Take Back Day April 27 At Police Dept.

The Quincy Police Department and the U.S. Drug Enforcement Administration will give the public its 17th opportunity in nine years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring your pills for disposal to Quincy police headquarters at 1 Sea St. The service is free and anonymous, no questions asked. Sites cannot accept liquids or needles or sharps, only pills or patches.

Last fall, Americans

(more than 900,000 pounds) of prescription drugs at more than 5,800 sites operated by the DEA and almost 4,800 of its state and local law enforcement partners. Overall, in its 16 previous Take Back events, DEA and its partners have taken in almost 11 million pounds—nearly 5,500 tons—of pills.

The Quincy Police Department also provides a drug disposal receptacle inside the lobby at police headquarters. Unused medications can be dropped off 24 hours a day, seven days a week. Needles and other sharp objects are not accepted.

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Hazard Mitigation Plan Outlines Four Dozen Projects

By SCOTT JACKSON

The City Council approved a multi-hazard mitigation plan for Quincy, which outlines more than four dozen projects the city can undertake over the next five years to make it more resilient to natural disasters.

The city's Planning Department and engineering firm Tighe & Bond prepared the 232-page plan, which the council approved April 1.

Communities hoping to receive certain grants from the Federal Emergency Management Agency must have a hazard-mitigation plan in place, said Chris Walker, the chief of staff to Mayor Thomas Koch. Quincy has had several hazard-mitigation plans in place previously; the most recent was approved in 2013.

The plan documents the impacts of past natural disasters — including winter storms, floods and hurricanes — and can help educate the public on future risks, Walker said. It includes 52 projects to mitigate the impact of natural disaster, but Walker noted approval of the plan does not require the city to complete those.

"It doesn't lock us in to anything. This is not a budget document. This is not a request for any funding for any specific capital project," he said.

"What this does is set a framework by outlining a number of potential mitigation projects throughout the city and using various formulas to determine which projects and which neighborhoods the city may be taking a look at."

The plan does not include cost breakdowns for the various projects.

Gabrielle Belfit, a senior environmental scientist with Tighe & Bond, noted having a hazard-mitigation plan in place can boost a municipality's score on FEMA's community rating system, which translates to lower flood insurance premiums for residents.

Belfit said Quincy's score on the community rating system improved from an eight to a seven on April 1, which, she said, "is a great achievement resulting in lower insurance premiums for homeowners."

A four-step process is used to create the hazard-mitigation plan, she said:

Define potential risks, identify vulnerable assets, define mitigation projects, and finally prioritize those projects.

The hazard-mitigation plan identifies coastal and inland flooding, coastal erosion, nor'easters and other severe winter storms as the top natural hazards facing Quincy. Drought, earthquakes, extreme temperatures, hurricanes and tropical storms, and other severe weather, including wind and thunderstorms, are ranked second. Dam or culvert failure, tsunamis, and invasive species are ranked third; tornadoes and wildfire are ranked fourth; and landslides were deemed least likely to impact Quincy.

Belfit said Quincy has the fifth highest amount of repetitive loss claims — defined as properties with two or more flood damage claims of at least \$1,000 — through the national flood insurance program of any community in Massachusetts. Between 1979 and 2017, more than 540 repetitive loss claims were made on 174 properties in Quincy.

The Houghs Neck and Germantown areas are at

greatest risk for coastal flooding, Belfit said. Neighborhoods near the Furnace Brook at the highest risk for inland flooding, along with areas with drainage problems, she added, noting the city has spent \$17 million on drainage improvements since 2013.

The 52 mitigation projects listed in the plan include 28 identified as high priority projects. Three of those projects are identified as year-one projects: Providing additional education opportunities for city staff on natural hazard risks, identifying needed improvements to emergency generators serving critical facilities, and providing outreach to eliminate the dumping of yard waste in Faxon Park.

Another ten high priority projects are identified to begin in the first year of the plan and take two or more years to finish. They include consolidation of the city's emergency communication system, an improved tide gate management plan, a stormwater control station on Furnace Avenue, developing Adams Shore and Post Island Road stormwater pumping capacity,

rehabilitation of the pump station at the Strand, and a drainage hydraulic model for East Squantum and Dorchester Streets.

Four high priority projects already underway, but expected to take at least five years to finish, are drainage improvements on the upper Town Brook, new tide gates at Black's Creek, salt marsh restoration and invasive species removal.

Among the other high priority projects that would begin in later years of the five-year plan, are new seawalls in Houghs Neck and Adams Shore, lower Town Brook drainage improvements, seismic impact evaluation and gas utility studies, flood protection for Broad Meadows Middle School, and converting O'Rourke Field for use as a temporary retention pond.

READERS FORUM

Says City Should Implement Safe Syringe Program

As a lifetime resident of Quincy and a masters of Social Work student, I am disheartened that the city has not put into a place a safe syringe program. I have witnessed the spread of disease first-hand: my neighbor contracted HIV from a partner who had been sharing unsanitary needles.

Given the success that safe syringe programs have had in other cities to reduce blood-borne diseases, it is time that Quincy take measures to implement this preventative program.

According to the Center for Disease Control and Prevention, the state of Massachusetts had an increase of 1,133% reported hepatitis C diagnoses from 2011-2015. A study conducted in 2015 looked at the outcomes after the District of Columbia lifted their ban on the use of municipal funds to service safe syringe programs in 2007. Findings indicated that there was a 70% decline in new cases of HIV diagnoses over a two-year period, which amounted to 120 fewer cases of blood-borne illness.

It is hard for me to understand why we wouldn't

offer a potentially lifesaving service to intravenous drug users who could potentially spread diseases to others who do not participate in that activity. I know some people would say intravenous drug users don't deserve protection but unfortunately their choices can negatively affect the state of other people's lives forever if they come into contact with the user's disease.

This program would benefit members of the community as whole, not just the intravenous drug abusers themselves. Quincy residents deserve better mechanisms to protect the health of the entire community — our mothers, fathers, siblings, spouses, partners and children.

Think of the powerful voice we could create together if we approach our city's legislators and demand that they pay attention to this significant health risk and take the steps necessary like other cities have to keep their citizens healthy.

Felicia Bassett
Bridgewater
State University
Liberty Street
Quincy

Council To Discuss FoxRock Development

By SCOTT JACKSON

City councillors were scheduled to meet Wednesday to begin their review of FoxRock Properties' plan to build a medical office building, 140-room hotel and 110 units of workforce housing in Quincy Center.

The council's finance committee was set to meet at 6:30 p.m. Wednesday to review a proposed land disposition agreement (LDA) between the city and developer. A public hearing on the agreement will be held April 29 at 6:30 p.m. in the McIntyre Government Center, 1305 Hancock St.

Under the proposed LDA, which Mayor Thomas Koch unveiled in March, FoxRock would pay the city \$4.25 million for about two acres of land on the Ross Lot. The city would release the reverter clause it now holds on the former Quincy Medical Center site on Whitwell Street, where FoxRock is planning a residential development.

FoxRock could not close on the Ross Lot land until permitting for the project, which would require approval from the Planning Board, is complete and lease agreements for the medical office space are finalized. FoxRock in February announced it had struck a deal with South Shore Health System and Brigham Health to fill out the 200,000-square-foot medical building.

Additionally, FoxRock would forgo payment for takings related to the new Generals Bridge that will connect Burgin Parkway to Cliveden Street; Koch said those takings are valued at about \$1 million. The state is paying for the construction of the bridge.

The medical office building, hotel and housing would be constructed on the land now owned by the city and the site of 37R Parkway, also known as the Commonwealth Building, which FoxRock presently owns. Construction on site could start as soon as the spring of 2020, the mayor said in February, and would take about 18 months to complete.

FoxRock would pay full taxes on the hotel and residential building, and no taxes on the medical office building, Koch said in March, noting non-profit medical companies like South Shore Health System and Brigham Health are not required to pay property taxes.

The city expects to receive

\$569,000 in property tax revenue once the project is complete, compared to the \$84,000 the city now receives for the same land.

The project is estimated to bring in \$25.8 million more in property taxes over the next 40 years compared to what is now on site.

QCAP Homebuyer Workshop

Quincy Community Action Programs, Inc. (QCAP) will host a set of comprehensive workshops designed for first time home buyers.

The First Time Home Buyer Workshop will be held in two sessions: Thursday, April 25th from 6 to 9 p.m. and Saturday, April 27th from 9 a.m. to 3 p.m. at Quincy Community Action Programs, 1509 Hancock St., Quincy.

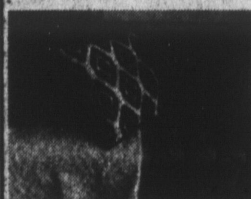
This monthly workshop focuses on all aspects of the home buying process. Real estate professionals will present information on topics from mortgages to home insurance. Attendees must

attend both sessions in order to receive a certificate of attendance. Participants may use their certificate to obtain a low rate loan through MassHousing or MassHousing Partnerships. Free individual counseling is also available.

Registration will be open until Tuesday, April 23rd. However, space is limited. The cost is \$30 per person and the fee is non-refundable.

For more information about the program or to register for the workshop, visit www.qcap.org or contact Keely Elta at 617-657-5315 or kelta@qcap.org.

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April 11, 10 a.m.
24 Central Ave., Milton

April 15, 10 a.m.
680 Truman Parkway, Hyde Park

April 26, 6:15 p.m.
12 Old Colony Ave., Quincy

12 Old Colony Avenue
Quincy: 617-773-9420

77 Parkway
Quincy: 617-786-8888

24 Central Avenue
Milton: 617-696-2326

680 Truman Parkway
Hyde Park: 617-910-9175



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May 4 Fundraiser To Benefit McCallum Family

By SCOTT JACKSON

A fundraiser will be held next month to benefit the family of Christopher McCallum, the 44-year-old father of three who died in January after he was found unconscious outside the American Legion post in Squantum.

The benefit, "A Night Honoring Chris 'Chief' McCallum," will be held Saturday, May 4, at IBEW Local 103, 256 Freeport St. in Boston, starting at 7 p.m. Tickets are \$20 and can be purchased online at Eventbrite.com.

The Quincy Police Department responded to reports of a "large disorder" at the Nickerson Post, located at 20 Moon Island Rd., shortly after 1 a.m. on Jan. 27, according to David Traub,

the spokesman for the Norfolk District Attorney's Office. Traub said the officers who arrived on scene found McCallum unconscious and bleeding outside the post that morning.

McCallum was rushed to Boston Medical Center. He succumbed to his injuries there the afternoon of Jan. 28.

Traub on Monday said the investigation into McCallum's death remains underway.

"It is still under investigation," he said. "Though we have nothing to announce, the investigation is ongoing and active."

McCallum's family members have said he was assaulted while trying to break up a fight outside the Nickerson Post following a

concert that night and suffered a fatal head injury.

McCallum grew up on Deerfield Street in Squantum. He was a 1992 graduate of North Quincy High School and was captain of the Red Raiders football and hockey teams his senior years. He played football at Massachusetts Maritime Academy and worked as an engineer after graduating from the school.

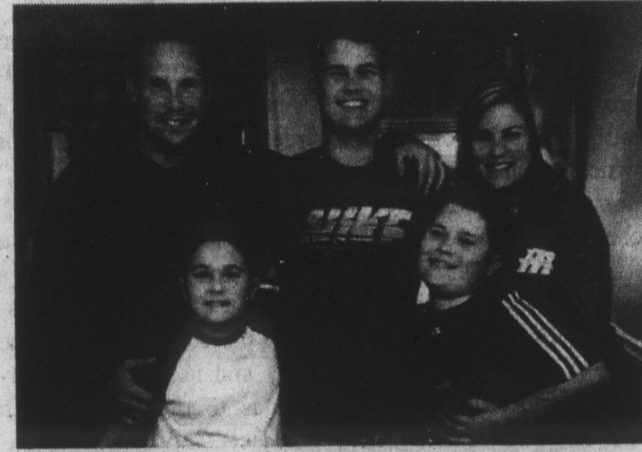
McCallum had resided in Bridgewater with his wife, Kathy, and their teenage sons Ryan, Michael and Christopher.

An online fundraiser to benefit McCallum's family raised more than \$255,000, easily surpassing the original \$100,000 goal. The fundraiser can be found at gofundme.com/chris-mc-callum-family.

callum-family.

More than 500 residents attended vigil in memory of McCallum outside the Squantum Elementary School in February. Kathy McCallum spoke that evening, urging those who might have information on her husband's death to come forward.

"We are asking anyone who attended the concert at the Nickerson Post the night Chris was assaulted and may have seen or heard anything that night to please come forward and contact State Police to share details, no matter how small they may seem because they are all important to this investigation," she said. "Please clear your conscience and tell the truth. Even lies of omission lead to injustice."



A FUNDRAISER will be held Saturday, May 4 at IBEW Local 103, 256 Freeport St., Boston, at 7 p.m. to benefit the family of Christopher McCallum. Christopher, shown here in a family photo (back row left) died in January after he was found unconscious outside the American Legion post in Squantum. The investigation into his death is "ongoing and active," a spokesperson for the Norfolk County District Attorney's office said Monday.

"As our families struggle to move forward in a world without Chris, we ask that, in his memory and in remembrance of how he lived, please be kind to one another." State Police detectives assigned to the case can be contacted at 781-830-4990.

On Friday, March 29, at approximately 1:30 p.m., Officers Ryan Donnelly and Rob Connell were dispatched to the Quincy Armed Forces Career Center located at 31 Hancock Court on a report of an unwanted woman in the lobby.

Upon arrival, the officers encountered a female who was ranting about her association with ISIS and stating that she is a member of the Sovereign Citizens movement. The officers attempted to calm the woman down but she kept talking incoherently, so Brewster Ambulance was notified to assist in assessing the well being of the female.

After a few minutes of attempting to calm the female without success, the officers and EMTs tried to convince her to go to the hospital to be evaluated. This infuriated the female, who took a fighting stance and started to swing her fists at the paramedics.

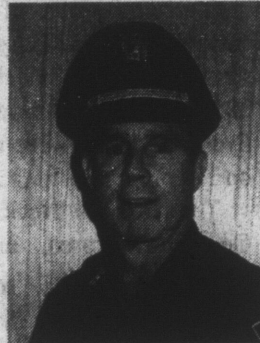
Officers Connell and Donnelly diverted the female's attention from the paramedics and again tried to calm her down. The female reached into her purse and pulled out an aerosol can of Equate maximum hold hair spray and brought it up as if readying to use it on them. Officer Connell swept in and took the hair spray from her.

A Job Well Done

By QUINCY POLICE LT. DAN MINTON

She then started walking towards Officer Donnelly while screaming, "I'm a member of the underground" followed by a punch to the officer's chest. She then attempted to pull his uniform badge off. The female was immediately handcuffed by Officer Donnelly and transported to the Quincy Police Station by Officer Connell.

The female, a 62-year-old Quincy resident, was charged with assault and battery on a police officer and disorderly conduct. The officer's report stressed the female needed mental health help. Nice Work!



LT. DAN MINTON

SAFE WALKING AND RUNNING

As the weather gets better, more people are outside exercising. If you are walking or running along roadways, it is recommended that you face oncoming traffic for your safety. The ability to see a vehicle coming at you may give you a chance to leap out of the way.

Depending on the time of day, solar glare may make it difficult for drivers to see, especially through a dirty windshield. There are drivers who are rushing in the early morning to get to work. There are the drivers who are distracted as they multi-task, talking on the phone while holding a beverage. Although rare, there are cases where drivers are shaving or applying make-up.

There is the driver who is texting and as we all know, it only takes a brief loss of focus for an accident to happen. There is also the intoxicated alcohol and/or drugged driver that may not have 100 percent control of their vehicle. This list can go on and on, but to make your run or walk safer, face the traffic.

Please talk to your children about this too as the walk to and from school, etc.

QUINCY POLICE CRIME PREVENTION JOURNAL

Quincy Police Statistics

March 29 - April 4

Calls: 1002

Arrests: 17

Stolen Vehicles: 3

FRIDAY, MARCH 29

MOTOR VEHICLE LARCENY, 12:01 p.m., 2 Hancock St. Caller has information that puts stolen vehicle in Dorchester.

VANDALISM/PROPERTY, 2:54 p.m., 470 South St. BB gun.

VANDALISM/PROPERTY, 3:16 p.m., Young St. All windows pushed in. Caller thinks it might be his son's ex-gf. No break. Part of last night's family disturbance.

ASSAULT AND BATTERY, 10:54 p.m., Hersey Pl. Caller said gf's brother attacked him and put his head through the glass door. Complaint for simple A&B. No domestic relationship. Victim refused EMS.

SATURDAY, MARCH 30

BREAKING AND ENTERING, 12:00 p.m., Sagamore St. Checks. Has suspect info.

LARCENY, 12:27 p.m., Stop & Shop, 65 Newport Ave. Caller works at Stop & Shop and her wallet was stolen out of her vehicle while she was at work. Person who stole wallet attempted to use her cards at a variety store on Hancock Street but she had already frozen her card. Wallet also included her license and checkbook.

LARCENY, 5:12 p.m., Planet Fitness, 50 Adams St. Wallet.

BREAKING AND ENTERING, 11:04 p.m., Bower Rd. States her daughter used a credit card to pop the lock on door while caller was out sometime today. Reports a computer, clothing and pre-paid cards are missing. Also believes daughter is using a Google app to hack into her phone and steal her identity. EMS services refused.

BREAKING AND ENTERING, 11:47 p.m., 1037 Southern Arty. Office door alarm. Officers found a door forced open. The building was checked; no one located inside.

side.

SUNDAY, MARCH 31

LARCENY, 4:04 p.m., Palmer St. Reports he is missing an ottoman worth \$700. States his roommate is in the process of moving out but says he does not have it.

LARCENY, 5:27 p.m., 10 Weston Ave. Credit cards and ID taken from home on Sunday by known party. Cards used at Home Depot and a car wash.

MOTOR VEHICLE LARCENY, 6:03 p.m., 2 Hancock St. Gray 2008 Hyundai Elantra. Parked last night around 3 a.m. Towing company does not have vehicle.

BREAKING AND ENTERING, 9:47 p.m., 100 Hancock St.

MONDAY, APRIL 1

LARCENY, 10:32 a.m., BJ's, 200 Crown Colony Dr. Loss prevention has identified the suspect.

LARCENY, 11:01 a.m., Planet Fitness, 50 Adams St. Has a thumb drive of a larceny of a wallet over the weekend.

ASSAULT AND BATTERY, 12:22 p.m., Franklin St. Two males in the rooming house. Caller was hit in the face with fist. Arrest made for A&B and A&B to collect a loan.

LARCENY, 5:42 p.m., 2 Hancock St. Medication.

TUESDAY, APRIL 2

BREAKING AND ENTERING, 9:20 a.m., 45 Winter St. An individual broke into the resident drop box and stole money order. Suspect caught on camera. Same suspect has done it before.

LARCENY, 7:34 p.m., Quincy Medical Center, 114 Whitwell St. Caller believes a worker at the hospital stole some money from her.

WEDNESDAY, APRIL 3

LARCENY, 3:06 p.m., Monro Muffler, 706 Adams St. Tools.

MOTOR VEHICLE LARCENY, 6:04 p.m., 1690 Crown Colony Dr. Caller last seen around 12:45 p.m. Caller called back to say she found her vehicle.

THURSDAY, APRIL 4

VANDALISM/PROPERTY, 8:03 a.m., Doble St. Four

tires slashed. No suspect info.

LARCENY, 4:16 p.m., Stop & Shop. Money. Arrest made for larceny over.

If anyone has more information about any of the aforementioned incidents or would like more information, contact Crime Prevention Lieutenant Dan Minton at 617-745-5719

STOLEN MOTOR VEHICLES: 2 Hancock St. (2) Crown Colony Drive.

CAR BREAKS: Main Street, 2 Hancock St

BREAKS AND ATTEMPTED BREAKS: Winter Street, 100 Hancock St., 1037 Southern Artery, Bower Road, Sagamore Street

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: <http://tinyurl.com/ytf6td>.

To report suspicious drug activity, call the Drug Hotline at 617-328-4527. You will not be required to identify yourself, but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremon at 617-745-5755.

To contact the Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@ci.quincy.ma.us - Lt. Dan Minton

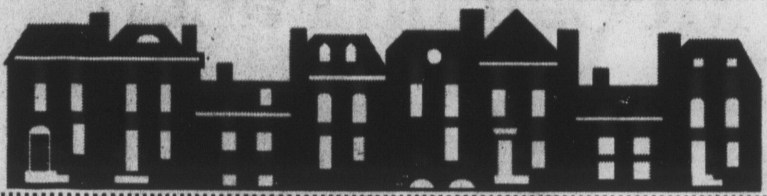
Entries in the Quincy Police Crime Prevention Journal are compiled and submitted by the Quincy Police Department.

They are published by The Quincy Sun as a public service to make local residents more aware of any crime activity in their neighborhood. Questions concerning the Quincy Police Crime Prevention Journal list should be directed to Crime Prevention Officer Lt. Dan Minton, 617-745-5719.

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Real Estate

Quincy Real Estate Transactions April 1 - April 5

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Christine M. Hurley
Albert A. & Stacey M. Hassan
Gianina II Nomie Trust
PEJR LLC
Phuoc N. Lam & Hoangmai Ngo
Kevin M. & Cheryl Norton
HSBC Bank USA National Association
Edward O'Driscoll
Colm W. McCann
Tuong V. Nguyen & Linh Ly
Kathleen F. Whalen-Giannandrea
Cathleen M. Ploof
153 Intervale LLC
Robert E. & Deborah A. Malvesti
Gary McDonald & Kieran McKinney
Dimartinis Family Trust
Patrick M. & Katherine C. Mullen
Green Sun LLC
Ardit, Peme & Bedi Dollani
Jensen Family Irrevocable Trust of 2010
Roselyn J. Bonaventure Trust
Quarry Street Realty Trust
Rena H. Harrison Trust

BUYER

CRB Realty LLC
Xiao Y. Huang & Jianzhuang Wen
Hancock Place LLC
Altin & Aurela Dhamo
Jennifer L. Whittaker
Sheng Chen & Meiyin Weng
Xuehua Lin
Jamel Taleb
Hung K. Nguyen & Diem N. Phan
Duc & Linh Ly
Owen J. McCosker
Tired Houses LLC
149-153 Intervale Investments LLC
Trami T. Nguyen
Harol J. Stankard & Evelyn C. Browning
Little Russ 23 LLC
Justin & Jenni V. Clesas
Carol Chandor
Melsen Serjani & Elvana Veizaj
Xing Chen
Joseph & Catherine Picard
Carlos M. Checa Ballesteros & Aleida M. Millon Aviles
Ben Liu

AMOUNT

\$165,000.00
\$350,000.00
\$1,200,000.00
\$460,000.00
\$335,000.00
\$1,150,000.00
\$420,000.00
\$710,000.00
\$375,000.00
\$259,000.00
\$410,000.00
\$220,000.00
\$955,000.00
\$300,000.00
\$1,050,000.00
\$850,000.00
\$650,000.00
\$740,000.00
\$590,000.00
\$420,000.00
\$662,000.00
\$270,000.00
\$350,000.00

ADDRESS

35 Desmoine Road Unit 210
23 Apex Street
24 Adams Street
29 Faxon Lane
91 Quincy Street
754 Hancock Street
199 Farrington Street
11-13 Bell Street
39 Suomi Road
166 Bunker Hill Lane
17-19 Taft Street
51 Rogers Street
149-151 Intervale Street
391 Quarry Street
84 Knollwood Road
23 Russell Park
88 Furnace Brook Parkway
38 Davis Street
52 Loring Street
25 Lawn Avenue
17 Tilden Commons Drive Unit 9-2
308 Quarry Street Unit 204
1 Linden Street Unit 419

Reduced Real Estate Activity In County During 1st Quarter

The first quarter of 2019 (January-March) was marked by reduced real estate sales and lending activity for Norfolk County in comparison to the same period in 2018, says Register of Deeds William O'Donnell.

"This year's first quarter saw real estate sales in Norfolk County, both residential and commercial, fall 4% year over year. There were 3,374 properties sold compared to 3,525 during the 1st quarter 2018. I believe these sluggish numbers can be directly attributed to the lack of available real estate inventory on today's market. Also, typically the winter months are not the busiest months when it comes to real estate," O'Donnell said.

The average sales price,

again both residential and commercial, during the first quarter was \$734,773, a 23% decrease from the first quarter of 2018. Additionally, the total volume of residential and commercial sales for the quarter was \$1.3 billion, a 26% decrease year over year. These numbers were directly impacted by the 1st quarter 2018 sales of two commercial properties in Quincy totaling \$80 million and \$43 million respectively and also the \$76 million sale of the former Reebok headquarters in Canton.

Furthermore, Norfolk County saw a reduction in the number of mortgages recorded during the quarter. A total of 4,532 mortgages were recorded during the 1st quarter 2019 compared to

5,155 during the same time period in 2018. "With a projected national growth rate this year of around 2.1%, one wonders what impact it will have on sluggish real estate sales and lending activity," O'Donnell said.

On the consumer front, the number of Homestead filings was flat. A total of 2,209 Homesteads were recorded during the first quarter, representing no statistical change from the same time period in 2018. O'Donnell reminded homeowners, "The Homestead law provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. I

urge Norfolk County homeowners to consider this important consumer protection tool.

"If there was a bright spot for the first quarter it was the declining foreclosure activity numbers," O'Donnell said. "The number of foreclosure deeds recorded was 36, a 47% decrease from the first quarter 2018. Also, there was a 44% reduction in the number of Notice to Foreclose Mortgage filings, the first step in the foreclosure process."

O'Donnell also noted: "While the foreclosure figures for the quarter were encouraging, my office continues to partner with Quincy Community Action

Programs, -617-479-8181 x376, and NeighborWorks Southern Mass, 508-587-0950. These organizations have staff available to help anyone who has received a Notice to Foreclose Mortgage from a lender. Another option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Each of these programs is staffed by knowledgeable professionals. I urge anyone who is facing a foreclosure to avail themselves of one of these excellent programs."

O'Donnell concluded:

"The Norfolk County real estate market continues to be adversely affected by a lack of available inventory. I am particularly concerned this continuing trend will make it extremely difficult for prospective first-time home buyers to enter the market. On the plus side, I was elated with the dramatic decline in the foreclosure numbers."

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

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Squantum, MA 02171
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QUINCY HIGH SCHOOL student Kevin Warner, left, checks his budget with the help of David Taiclet from MPE Partners at the 11th annual "Credit for Life" Fair. The fair, held at the Tirrell Room, was hosted by Quincy Public Schools Career Vocational and Technical educators.

Quincy Sun Photos/Tom Gorman



DEB LaFAVRE of South Shore Career Center helps students with job searches at the recent Quincy Public Schools' "Credit for Life" Fair. The one-day seminar is designed to instruct high school seniors about the basics of credit and the role credit plays in all aspects of personal finance.

Students Learn Financial Literacy At Credit For Life Fair

By TOM GORMAN

Quincy and North Quincy high school students received real life lessons in money management and household budgeting during the 11th annual Credit for Life Fair held recently at the Tirrell Room.

Representatives from a score of local businesses including banking, insurance, career and credit counseling, real estate, and health care staffed tables where roughly 200 students rotated gathering information. The businesses are community partners with the Quincy school system.

"Today's event is focused on providing you with foundational knowledge for planning your future and realizing your dreams at every stage of your life," Quincy School Supt. Dr. Richard DeCristofaro stated in a message to students.

Each student was given a budget based on a particular career. Using their income,

they set out to purchase a home, a car, health insurance, and luxuries. Retirement, emergencies, and debt are also thrown into the mix.

"They are given a credit score, a job title and a monthly budget with a salary," explained Mike Rothberg, financial advisor for Bay State Financial. "They're thrown curve balls, they might have debt. They have to get loans and a car and get insurance for that car. It's a real life experience."

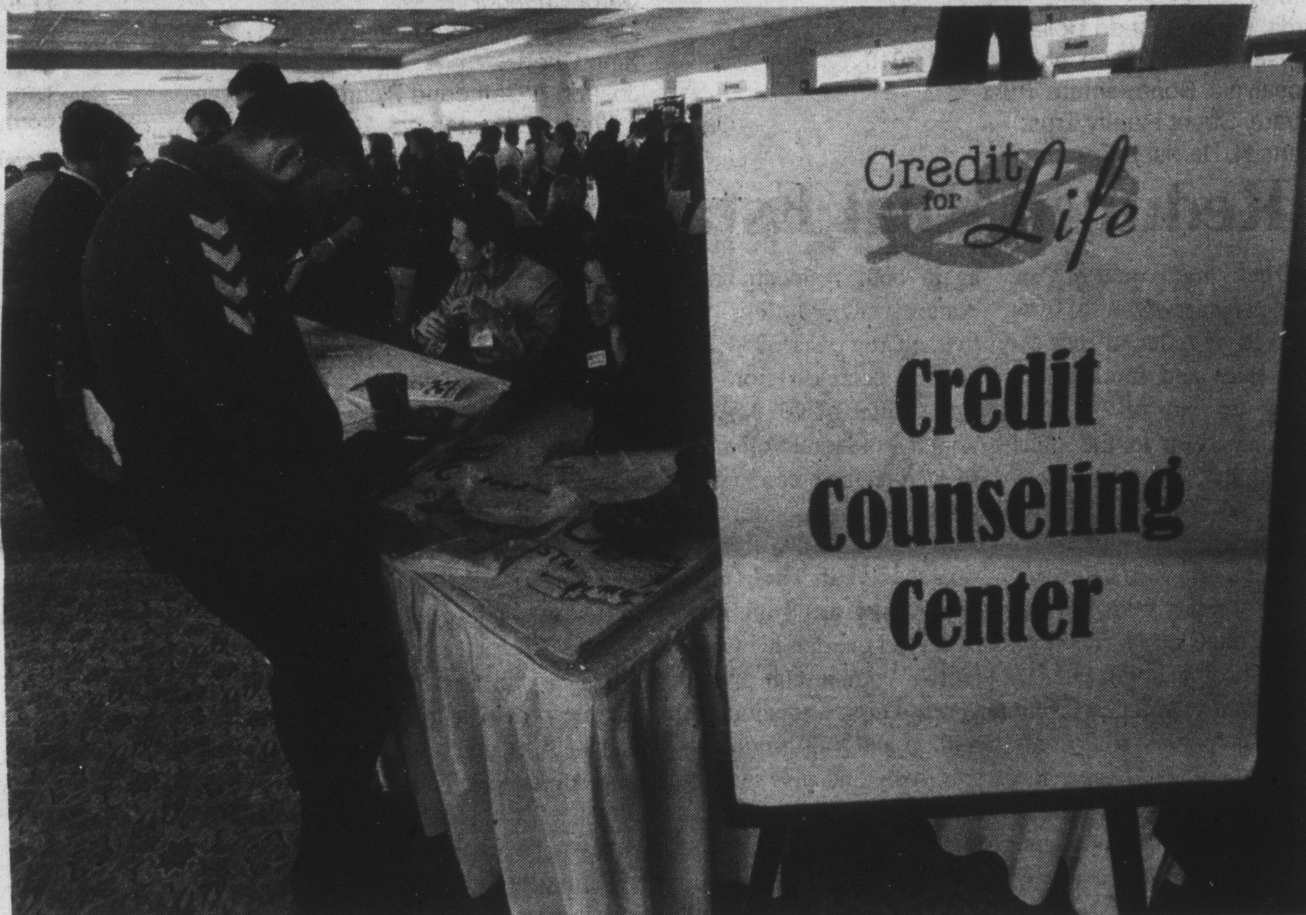
Rothberg pointed out the health table where Harvard Pilgrim representatives explained health insurance options.

"Will they carry a family plan, are they single, will they have kids?" Rothberg said of the questions students would ask themselves.

Another table provides information on retirement.

"Should they save five percent for retirement or ten percent?" he asked.

Cont'd On Page 31



STUDENTS GET SOME help with their finances from credit counselors during the Credit for Life Fair at the Tirrell Room.



QUINCY CREDIT UNION'S Amy Kelly, left, watches Quincy High School student Megan Lyons roll the dice to determine her financial fate in the "Reality Check" game during the 11th annual Credit for Life Fair at the Tirrell Room.

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New Garage Rising In Quincy Center

Cont'd From Page 2

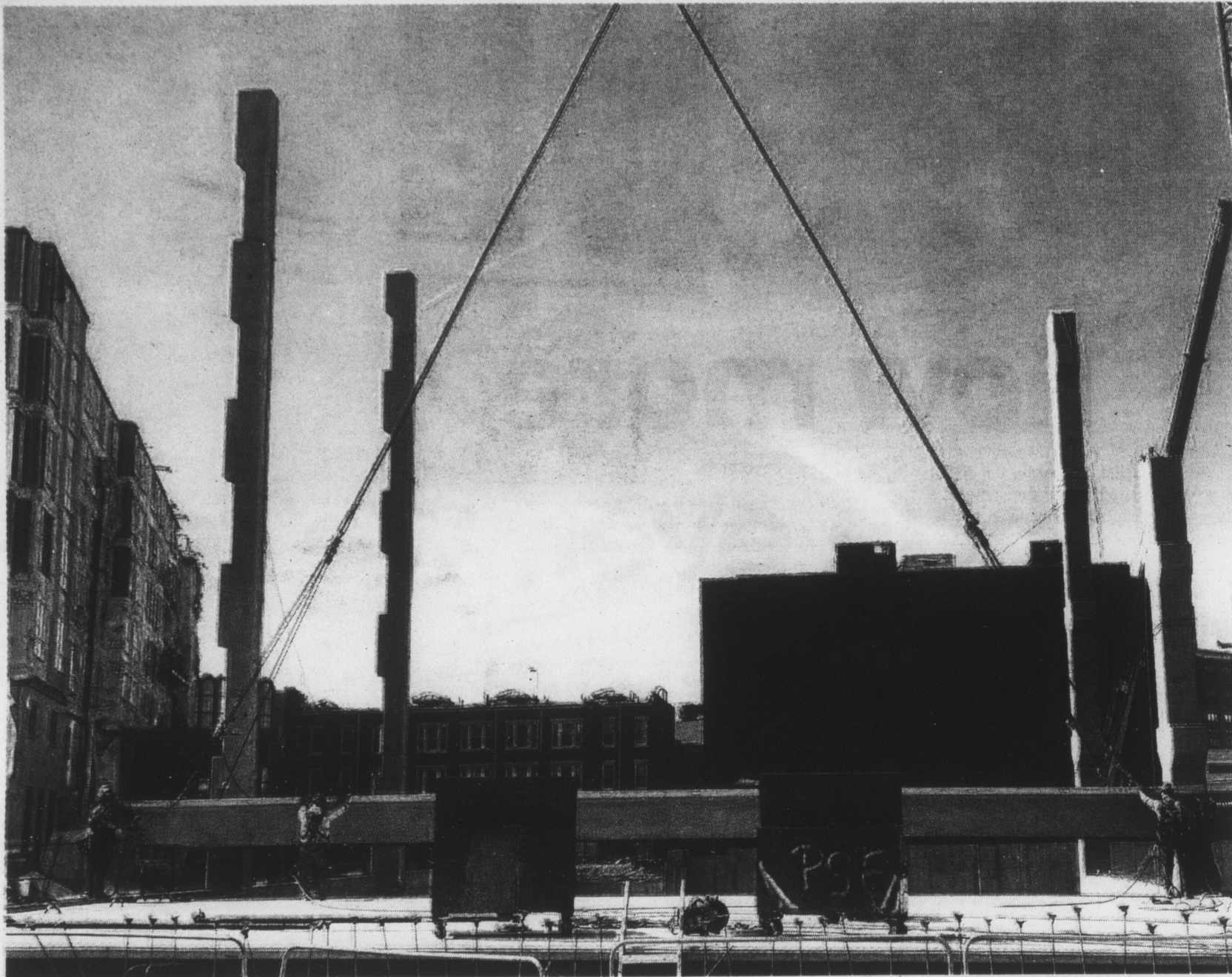
leases were negotiated as part of the land disposition agreements between the city and each developer. City officials have said future developers on the Hancock Lot will be required to provide parking on site and not in the garage.

The city is spending \$46.6 million to construct the new garage and create new civic space in the areas between the parking structure and the buildings around it. Funding for the work was included in an \$80 million district improvement financing (DIF) bond the council approved in June 2017.

The garage's exterior will include pre-cast concrete wall panels, brick inlay and terra cotta screening over openings. The plans for the open space include pergolas in the area behind Nova Residences, and a tree-lined plaza in the space between The Fours and the garage. A covered atrium will provide access from Hancock Street to the new civic space.

The city's traffic and parking department is conducting a study to determine the cost to park in the new garage once it opens, Geary said. Once that study is complete, city officials will come together to set those rates.

Foundation work on Chestnut Place will require an expansion of the perimeter around the construc-



WORKERS SET INTO place a 60-foot pre-cast concrete slab that forms part of the new decking at the garage under construction at the site of the old municipal parking lot in Quincy Center. This photo was taken April 2. Another photo on Page 20.
Quincy Sun Photo/Robert Bosworth

tion site starting this week. Geary said that 10 parking spaces on Dennis Ryan Parkway – from the corner of Cottage Avenue to the old entrance to the Hancock Lot

– will be closed.

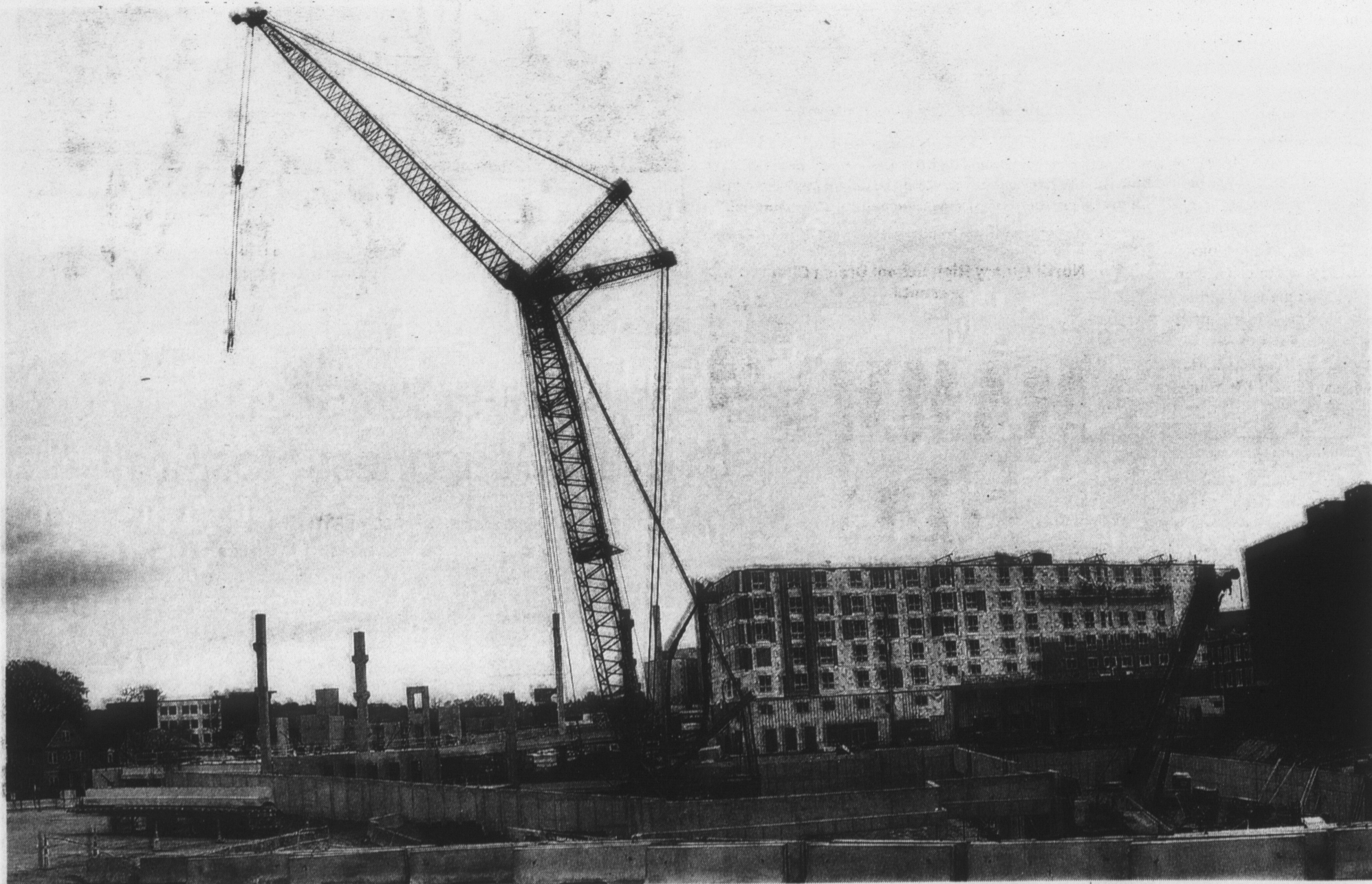
The city plans to construct a second garage in the area of the Ross Lot. A \$61 million DIF bond, now under consideration by the

City Council, would provide money to design the garage and acquire the property at 100 Parkway, the lot on which the new garage would be located.

Rob Stevens, the city's deputy planning director, said the final size of the garage there has yet to be determined, but it would have at least as many spaces as

the Hancock Lot garage.

Koch has said he anticipates using state money to pay for the new construction of the new garage.

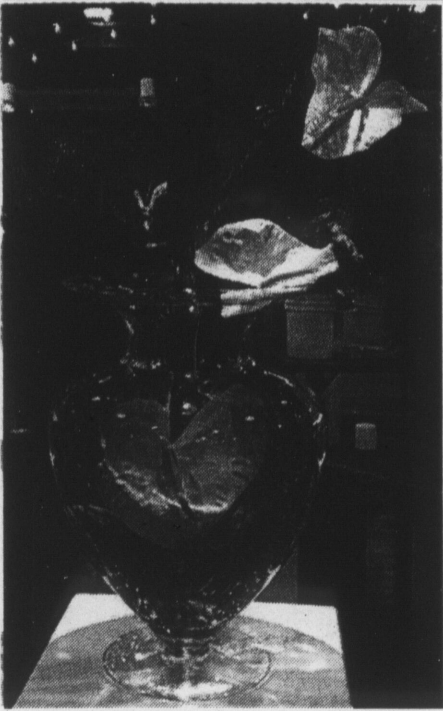


PROGRESS SEEN in the construction of the new city garage being built at the site of the old municipal parking area. This photo was taken April 5 and shows some of the more than 600 pieces of pre-cast concrete that will comprise the new facility already in place. The photo was taken from Dennis Ryan Parkway looking toward Hancock Street with Revere Road (Walter J. Hannon Parkway) on the left and Cottage Avenue on the right. In the background is the Nova Residences apartment building under construction at 1500 Hancock St. *Quincy Sun Photo/Robert Bosworth*

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"LET'S GO DIVING" – an underwater Blue Ribbon design created by Pat Artis. Judges commented that "the reflective quality of the container enhanced rhythmic movement under water."



PAT ARTIS challenged herself with this underwater design. Container, flower and foliage selection were key.



"DRIFTING AWAY" – Cynthia Lewis created this elaborate and intricately designed armature of driftwood pieces. Judges were looking for a more dominant piece of driftwood but cited the harmonic beauty of the flowers and foliage she used.

Photos Courtesy Wollaston Garden Club

Wollaston Garden Club Designers Win Ribbons At Boston Flower Show

Three members of the Wollaston Garden Club won ribbons in the Floral Design Division of the Boston Flower and Garden Show held on March 13 – 17 at the Seaport World Trade Center in Boston.

Club President Emily Lebo was proud of their design effort and skills.

On the first Entry Day, March 13, Cynthia Lewis won a third place ribbon for her creation of a driftwood armature with orchids, veronica, and flax in Class 4 "Drifting Away" (A Creative Design Incorporating Driftwood).

Pat Artis received a first place ribbon for her arrangement in Class 5 "Let's Go Diving" (An Underwater Design) using sago palm and anthurium in a fantastic huge glass vase.

Ruth Griffin and her granddaughter, Cora Rose Bebo, won a first place blue ribbon for their creation of a fairy garden in a round container with found objects like rocks, acorn caps, snail shells, mini garden gnomes, succulents and a house made of birch and a hornet's nest for Class 6 "Mini Vacation" (A Fairy Garden for Youth: Ages 5-17).

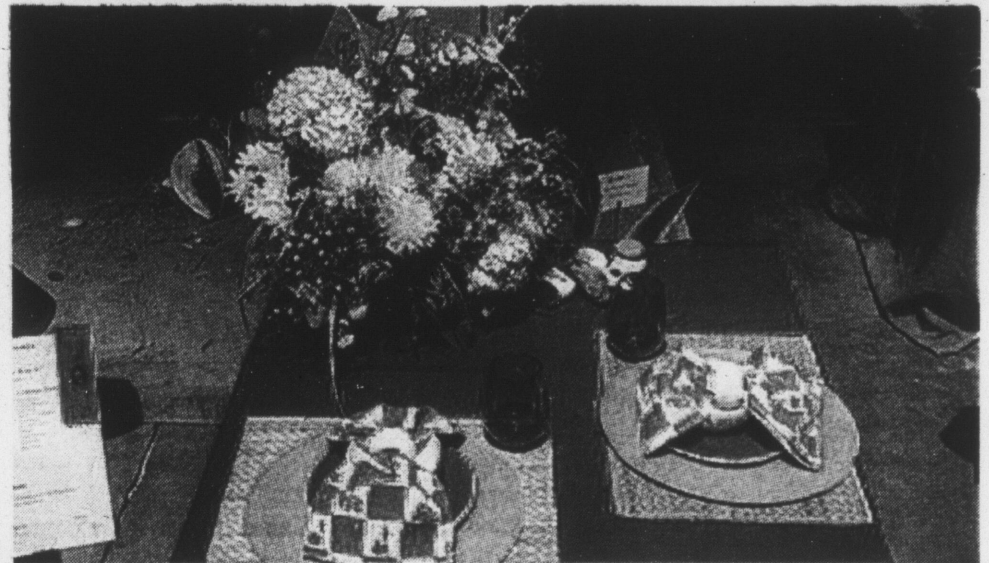
Pat Artis also designed an educational first lesson in Sogetsu for the Ikebana International exhibit in the main ballroom.

On the second entry day, March 15, Pat Artis and Tom Lubonja won a second place red ribbon with a 90+ score for Class 1 "Lunch on the Beach" (An Alfresco Table Design for Two). Their design had linens and table settings in the colors of blue, white, and yellow with a picnic-like basket for the floral arrangement.

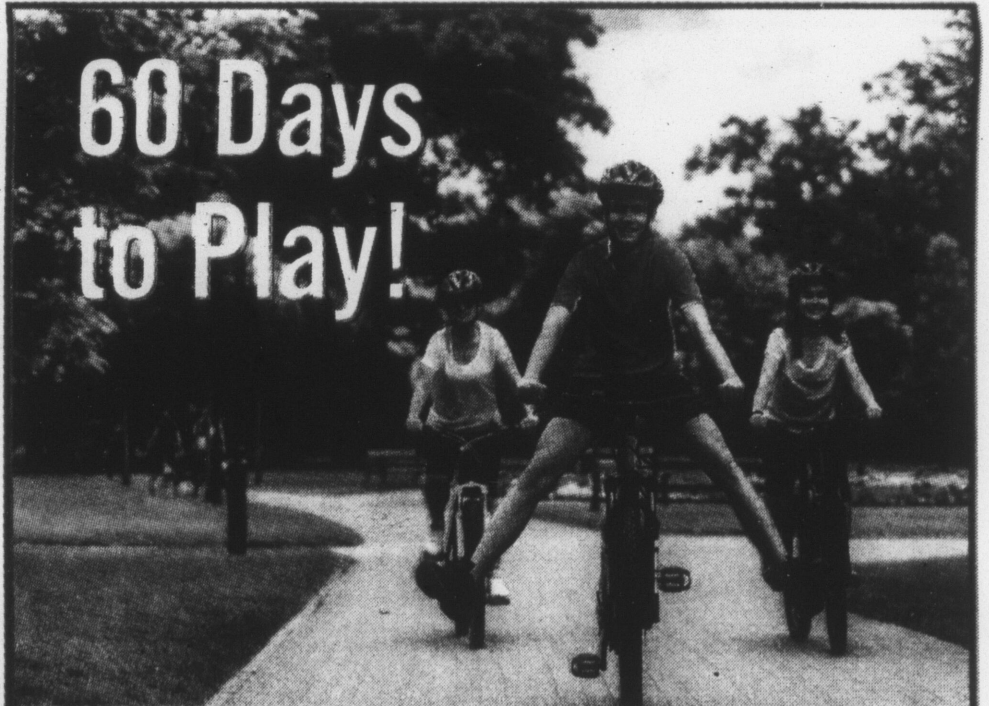
Quincy and the Wollaston Garden Club was well represented in the design division of the flower show.



"MINI VACATION" – A Youth Fairy Garden. Ruth Griffin, working with her granddaughter, Cora Rose, designed this Blue Ribbon fairy garden in which the judges applauded "the whimsical creation with gnomes and natural plant material."



"LUNCH ON THE BEACH" – An alfresco table design for two – was created by Pat Artis and Tom Lubonja. The judges called the table design a "beautiful, rustic interpretation. All components well-integrated. Sunblock container superfluous," and gave it a high scoring second place ribbon.



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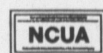
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PALM SUNDAY, HOLY WEEK and EASTER SERVICES

Union Congregational Church

Union Congregational Church, 136 Rawson Rd., Wollaston, announces its schedule for Holy Week.

It will begin with a Palm Sunday Communion worship service on Sunday, April 14, at 10 a.m. led by Rev. Dr. Thomas Richard, retired executive secretary of the NACCC. This will be an extra special service as the church welcomes a new member. All are welcome to join this celebration. A fellowship/coffee hour will be enjoyed following the worship service.

On Maundy Thursday, April 18, at 7 p.m. Union Church will worship with First Church of Squantum at

164 Bellevue Ave., Squantum. It will be an intimate, moving tenabre service with music, scripture readings, and a Bible based message from Rev. Doug Gray.

On Easter Sunday, April 21, at 10 a.m. there will be a special communion worship service celebrating the resurrection of Jesus Christ, led by Pastor Joy Eng-Matos. Pastor Joy, minister and founder of New Day-Quincy housed at Union Church, is a spirit filled preacher with Bible-based messages. She is also doing amazing things in her ministry with speakers of languages other than English.

The public is invited to attend the services.

Spaghetti Supper Saturday At Union Congregational

Each month on the second Saturday of the month, Union Congregational Church offers a spaghetti supper as an outreach to the community. All are invited to attend.

This month, the supper will be held on Saturday, April 13 at 6 p.m. The meal includes spaghetti, salad,

bread, dessert, and a beverage for a minimum donation of \$6 per person. Any and all proceeds will benefit Union Church.

The church is located at 136 Rawson Rd. (corner of Beach Street and Rawson Road) in Wollaston. Enter the building through the gym door on Hamilton

Palm Sunday worship service at the First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, begins at 10:30 a.m. Fellowship hour of conversation and light refreshments in the chapel will follow the service.

Prior to the worship service is an English Bible Class in chapel at 9:15 a.m.; a Vietnamese Bible Class at 9 a.m. Contact Pastor Duc ducphamboston2015@gmail.com.

Serving the church will be greeter Henry Family and reader Jeff Mahn.

Pastor David Choi will preach his sermon, "Glory to our Lord!" (Mar 11:9-11)

Street (lower door on left). Go through the gym and to the right to Fellowship Hall.

Call the church at 617-479-6661 or email ucwoll@gmail.com with any questions or to let the church know you're coming (not required but appreciated). You may also visit our the church website at www.unioncongwoll.org.

First Baptist Church Of Wollaston Worship Services

A contemporary worship on Sunday is held 12:30 to 2 p.m. including a Bible class. Contact wolla.dave@gmail.com for directions.

Looking for in-depth Bible discussions? Join the Thursday Bible Class at 7 p.m. Have fun of learning the Bible (the book of Daniel).

There will be a Maundy Thursday Service April 18

at 7 p.m. and Good Friday Service April 19 at noon.

The church office is open from 10:30 a.m. to 5 p.m. Tuesday, Thursday and Friday. The contact number is 617-472-0824 or visit the church website www.FirstBaptistChurchOfWollaston.org for updates and activities.

Pastor David's contact number is 617-213-0392;

11 a.m. to 6 p.m. Tuesday - Friday.

All areas of the church are handicap accessible.

Bible Trivia: What was the name of the Jewish sect who "Trusted in themselves that they were righteous, and despised other"? Read Luke 18:9-10

a. Sanhedrin b. Sadducees c. Scribes d. Pharisees

Quincy Point Congregational Church

The children are performing on Palm Sunday, April 14. The Lenten Wreath Ceremony and worship begins at 10 a.m. at Quincy Point Congregational Church, 444 Washington St.

The children depart for Sunday School during worship after their Lenten Bible Challenge. The church school is memorizing bible verses, and this is the last week. The lesson is: John 15:12. They challenge the whole congregation to learn.

After worship all are invited to the downstairs social hall for a Palm Sunday Pizza Party. The church is accessible to all with an el-

evator and designated parking on the Abbey Road side of the building.

The Lenten Mission project this year is collecting toiletries for the children and teens that are helped via the McKinney Vento Project (Homeless Assistance Act) in the Quincy Public School System. Items needed: deodorants for a male or female (any size), toothpaste (any size- no need for toothbrushes), dental floss, conditioner (no need for shampoo), small first aid kits, and small packs of tissues.

Drop these items off any Sunday. A collection bin

is located in the downstairs Social Hall or an usher can take them. To drop off any items during the week, the church office is open from 9 a.m. to 2:30 p.m. Ring the doorbell by Dunkin Donuts or the doorbell on Abbey Road by the elevator accessible entrance.

See our Holy Week ad in this week's edition of the Sun complete with a special Good Friday collaboration and an Easter Sunday Sunrise Service at Wollaston Beach for those early birds.

Visit us on Facebook and Twitter or at <https://www.quincypointcong.org/>

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A NIGHT HONORING Chris "Chief" McCallum



*Help ease the
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unexpected
long-term
financial burden*

On Monday, January 28th, 2019, Chris McCallum passed away after suffering severe head trauma at the hands of a yet to be identified assailant. Chris leaves behind his loving wife Kathy and three amazing sons, Ryan, Michael and Christopher. Chris McCallum was the quintessential good guy and worked hard to provide for his family. He was also a tireless advocate for his youngest son, Christopher who was diagnosed with Autism at a very young age.

In order to help ease their tremendous and unexpected long-term financial burden, friends and family of the McCallum family have come together to organize this event.

**Saturday, May 4, 2019
7:00pm- Midnight**

IBEW Local 103, 256 Freeport Street, Dorchester

Auctions • DJ • Raffle • Live Music

Raffle and Auction items gladly accepted and appreciated. Email: mccallumfundraiser@gmail.com

TICKETS: \$20

Contact the following Committee Members to purchase tickets.

Mark Kelleher 781-254-8338

Jen Gates 857-526-4115

Paul Kearns 617-694-9201

Billy McCallum 617-719-5212

Lauren McCallum 617-365-4595

Bobby Doyle 617-512-5309

Deb (Werth) Doyle 617-594-8580

Eddie Page 508-369-4383

Christine Page 508-944-6272

Duane Keegan 617-529-7017

Brian Kerins (MMA) 617-797-8259

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PALM SUNDAY, HOLY WEEK and EASTER SERVICES

Quincy Community United Methodist

Quincy Community United Methodist Church, 40 Beale St., announces its schedule of services for Palm Sunday, Holy Week and Easter.

On Palm Sunday, April 14, "A Walk Through Holy Week" will be held at 10:30 a.m.

On Holy (Maundy) Thursday, April 18, Tene-

brae service is at 7 p.m.

Good Friday service will take place at noon on April 19 in St. Chrysostom's Church, Wollaston.

A viewing of "Jesus Christ Superstar" will take place at 7 p.m. on Saturday, March 31.

On Easter Sunday, April 21, the service of resurrection begins at 10:30 a.m.

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617-472-5669 - office@wollastonnazarene.org

You are all invited to join us for these...

Holy Week Gatherings

Palm Sunday, April 14

8:00AM "Word and Table" Service

10:00AM Worship Service

11:15AM Weekly Small Groups

NEW DATE/TIME: Palm Sunday, April 14

2-4:00PM EGGStrayaganza Egg Hunt

(online registration available)

Friday, April 19

7:00PM Community Good Friday Service @

The Church of the Presidents, Quincy Center

Easter Sunday, April 21

6:30AM Community Sunrise Service

@Wollaston Beach between the Yacht Clubs

8:00AM "Word and Table" Service

10:00AM Worship & Baptism Service

Find us on the web at www.wollastonnazarene.org and



Quincy Point Congregational Church

Quincy Point Congregational Church, 444 Washington St., announces its schedule of services for Palm Sunday, Holy Week and Easter.

The Palm Sunday service begins at 10 a.m. on April 14. The children's choir will perform and palm crosses will be distributed.

On Maundy Thursday,

April 18, a service of Tenebrae and Holy Communion will begin at 7 p.m. The service will take place in the Baharian Chapel; please enter the church through the door by Dunkin' Donuts.

On Good Friday, April 19, the Quincy Interchurch Council service will be held at noon in St. Chrysostom's Church, located at the cor-

ner of Hancock and Linden Streets in Wollaston.

A sunrise service will be held Easter morning, April 21, at 5:30 a.m. in concert with the Wollaston Congregational Church. The service will take place on Wollaston Beach across from

the Clam Box.

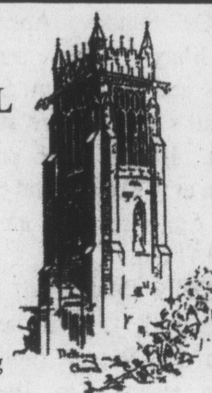
The Service of the Resurrection will take place at 10 a.m. Easter morning inside the church. The service features the South Shore Brass Quintet and Chancel Choir. An Easter egg hunt will follow the worship service.

BETHANY CONGREGATIONAL CHURCH

Founded 1832

Rev. Patrick McCorkle,
Interim Senior Minister
18 Spear St. Quincy, MA 02169
Tel: (617) 479-7300

Web: www.bethanyconchurch.org



HOLY WEEK SCHEDULE:

MAUNDY THURSDAY

7:00pm Candlelight Service, April 18
With communion

EASTER SUNDAY

9:30am Service, April 21
Easter brunch to follow

ALL ARE WELCOME!

Handicap Accessible



Christ Church Quincy

Where All Are Welcome!

Christ Church

The Episcopal Church in Quincy Center
12 Quincy Avenue, Quincy

All Are Welcome

Holy Week Services

Palm Sunday, April 14:

8:00AM Blessing of the Palms and Holy Eucharist

10:00AM Holy Eucharist with Liturgy and Procession of the Palms. Dramatic reading of scripture & music as we experience Jesus' triumphal entry into Jerusalem through his betrayal, persecution & death.

Maundy Thursday, April 18, 12:15PM:

At this celebration of Holy Communion, we commemorate the institution of the Last Supper

Good Friday, April 19, 12 Noon:

Solemn Liturgy of Good Friday, Scripture, music and ancient prayers all provide the powerful setting for the drama of the crucifixion and death of Jesus Christ

<http://christchurchquincy.org>

info@christchurchquincy.org

617-773-0310

THE QUINCY CATHOLIC COLLABORATIVE OF ST. MARY PARISH • SACRED HEART PARISH • ST. ANN PARISH

invites you to celebrate Holy Week 2019 with us

PALM SUNDAY OF THE LORD'S PASSION 14 April

Saint Mary Parish

Saturday: 4 PM

Sunday: 8 AM and 10:30 AM

Sacred Heart Parish

Saturday: 4 PM

Sunday: 7:30 AM, 10 AM with procession at 9:30 AM, and 6 PM

Saint Ann Parish

Saturday: 4 PM

Sunday: 9 AM and 11 AM

Daily Mass

Monday: 7 AM & 9 AM Sacred Heart

Tuesday: 7 AM Sacred Heart &

9 AM St. Mary

Wednesday: 7 AM Sacred Heart &

9 AM St. Ann

Sacrament of Reconciliation

Wednesday, 6:30-8 PM

at St. Mary, St. Ann and Sacred Heart

HOLY THURSDAY 18 April

7 PM Evening Mass of the Lord's Supper at Saint Mary Parish

Adoration of the Blessed Sacrament at Saint Mary until 9 PM

GOOD FRIDAY 19 April

3 PM Stations of the Cross at Sacred Heart Parish

7 PM Celebration of the Lord's Passion at Sacred Heart Parish

HOLY SATURDAY 20 April

7:30 PM Vigil of the Lord's Resurrection at Saint Ann Parish

EASTER SUNDAY MASSES 21 April

Saint Mary Parish

Sunday: 8 AM and 10:30 AM

Sacred Heart Parish

Sunday: 7:30 AM and 10 AM

NO 6 PM Mass on Easter Sunday

Saint Ann Parish

Sunday: 9 AM and 11 AM

St. Mary Parish

95 Crescent Street

617.773.0120

Sacred Heart Parish

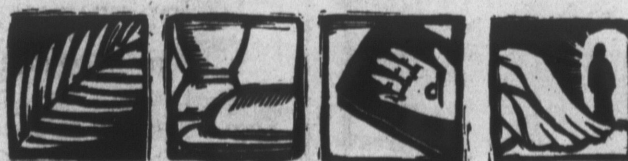
386 Hancock Street

617.328.8666

St. Ann Parish

757 Hancock Street

617.479.5400



Collaborative Website:

qcc14.org

PALM SUNDAY, HOLY WEEK and EASTER SERVICES



Quincy Catholic Collaborative

The Quincy Catholic Collaborative - St. Mary, St. Ann and Sacred Heart Parishes - announces its schedule of Palm Sunday, Holy Week and Easter services.

For Palm Sunday of the Lord's Passion, 4 p.m. services will be held at all three churches on Saturday, April 13.

On Sunday, April 14, St. Mary will have services at 8 and 10:30 a.m. Sacred Heart's services are at 7:30 a.m., 10 a.m. with procession at 9:30 a.m., and 6 p.m. St. Ann's services are at 9 and 11 a.m.

Daily Mass on Monday, April 15, will be at 7 a.m. and 9 a.m. (both Sacred Heart). On Tuesday, April 16, Mass is at 7 a.m. (Sacred Heart) and 9 a.m. (St. Mary). On Wednesday, April 17, Mass is at 7 a.m. (Sacred Heart) and 9 a.m. (St. Ann). The Sacrament of Reconciliation will take place from 6:30 to 8 p.m. Wednesday at all three parishes.

ishes.

On Holy Thursday, April 18, Evening Mass of the Lord's Supper will begin at 7 p.m. in St. Mary, with Adoration of the Blessed Sacrament there until 9 p.m.

On Good Friday, April 19, Stations of the Cross begins at 3 p.m. in Sacred Heart. Celebration of the Lord's Passion is at 7 p.m. there also.

On Holy Saturday, April 20, the Vigil of the Lord's Resurrection begins at 7:30 p.m. in St. Ann.

Easter Sunday Masses on April 21 will be celebrated at 8 and 10:30 a.m. in St. Mary; 7:30 and 10 a.m. at Sacred Heart (no 6 p.m. Mass); and 9 and 11 a.m. in St. Ann.

St. Mary Parish is located at 95 Crescent St. in West Quincy, St. Ann Parish is at 757 Hancock St. in Wollaston and Sacred Heart is at 386 Hancock St. in North Quincy. The collaborative's website is qcc14.org.

Bethany Congregational

Bethany Congregational Church, 18 Spear St., announces its schedule of Holy Week and Easter services.

On Maundy Thursday,

April 18, a candlelight service with Communion will be held at 7 p.m.

On Easter Sunday, April 21, service will take place at 9:30 a.m. An Easter brunch will follow.

Christ Church Quincy

Christ Church Episcopal, 12 Quincy Ave., announces its schedule of services for Palm Sunday and Holy Week.

On Palm Sunday, April 14, the 8 a.m. service will include the blessing of the palms and Holy Eucharist. The 10 a.m. service with

feature the Holy Eucharist with liturgy and procession of the palms.

For Maundy Thursday, April 18, Holy Communion to celebrate the Last Supper begins at 12:15 p.m.

The solemn liturgy of Good Friday begins at noon on April 19.

St. Joseph/ St. John the Baptist Collaborative of Quincy Holy Week & Easter Schedule

Holy Thursday, April 18th

Mass of the Lord's Supper
St. Joseph's at 7:30pm

Good Friday, April 19th

Stations of the Cross

St. John's at 12pm

St. Joseph's at 3pm

The Lord's Passion

St. John's at 3pm

St. Joseph's at 7:30pm

Holy Saturday, April 20th

Easter Vigil

St. John's at 7:30pm

Easter Sunday, April 21st

St. Joseph's at 8:30am & 10:30am

St. John's at 8:30am & 11am

Adoration and Confessions

Wednesday Evenings during Lent from 6:30 to 8:00pm at St. John's & St. Joseph's

Quincy Way of the Cross

On Good Friday, April 19th, join in a prayerful journey to all seven of the Quincy Catholic Churches. The tradition of "Carrying the Cross" begins at Sacred Heart Church at 9am

Saint Joseph Parish

550 Washington St.

Saint John the Baptist Parish

44 School Street

First Baptist Church Of Wollaston

The First Baptist Church of Wollaston, 81 Prospect Ave., announces its schedule of Palm Sunday, Holy Week, and Easter services.

On Palm Sunday, April 14, service begins at 10:30 a.m.

For Maundy Thursday, April 18, worship and Communion is at 7 p.m.

On Good Friday, April 19, service will be held from noon to 1 p.m.

On Easter Sunday, April 21, a worship service titled "Jesus Christ is Risen! He is Risen For You!" will begin at 10:30 a.m. An Easter Egg Hunt for children is scheduled following the service.

Rejoice, Christ has Risen
Come celebrate at
QUINCY COMMUNITY UNITED METHODIST
40 BEALE STREET, WOLLASTON

The Rev. Rebecca E. Baumann

PALM SUNDAY, APRIL 14TH
10:30am A Walk Through Holy Week

HOLY (MAUNDY) THURSDAY, APRIL 18TH
Tenebrae Service 7pm

GOOD FRIDAY, APRIL 19TH
St. Chrysostom's Church, Wollaston Noon

EASTER SUNDAY, APRIL 21ST
10:30am Service of Resurrection

Quincy Point Congregational Church United Church of Christ 444 Washington Street

Palm Sunday April 14 - 10:00 am: Children's Choir performs and Palm Crosses will be distributed

Maundy Thursday April 18 - 7:00 pm: service of Tenebrae and Holy Communion in the Baharian Chapel (enter door by Dunkins)

Good Friday April 19 - 12 noon: Quincy Interchurch Council service at St. Chrysostom's Church, corner of Hancock and Linden Streets

Easter Sunrise Service April 21 - 5:30 am with Wollaston Congregational at Wollaston Beach across from The Clam Box

Service of the Resurrection 10:00 am South Shore Brass Quintet and Chancel Choir Egg Hunt (Following worship)

Elevator Accessible - via Abbey Road

617-773-6424

Quincypointcong.org

April 14 at 10:30am
Palm Sunday Service

April 18 at 7:00pm
Maundy Thursday Worship and Communion

April 19 at Noon - 1:00pm
Good Friday Service

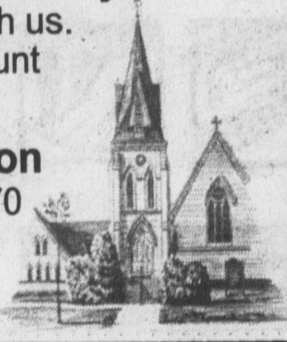
April 21 at 10:30am
Jesus Christ is risen! He is risen for you!
Come celebrate Easter with us.
Children's Easter Egg Hunt after worship.

First Baptist Church of Wollaston

81 Prospect Avenue, Quincy, MA 02170
(617) 472-0824



Corner of Prospect and Warren Aves.
Nursery available on Sundays.



ST. AGATHA PARISH Milton ~ Quincy

Invites you to join us for
Holy Week Services

PALM SUNDAY MASS (April 14)

Saturday 4:30pm

Sunday 7:30am, 9am, 10:30am, 12 noon, 5pm

Monday, April 15 • Tuesday, April 16 • Wednesday, April 17
7am and 9am Mass

Wednesday, April 17

6:30pm-8pm—"A Light Is On For You" (Reconciliation)

HOLY THURSDAY April 18

9am—Morning Prayer

7:30pm—Mass of the Lord's Supper

Adoration of the Eucharist until 10pm

GOOD FRIDAY April 19

9am—Morning Prayer

3pm—Liturgy of the Lord's Passion

5pm—Students re-enact the Way of the Cross. Begins at Cunningham

Park and ends at St. Agatha.

7:30pm—Liturgy of the Lord's Passion

HOLY SATURDAY April 20

9am—Morning Prayer

8pm—Easter Vigil

EASTER SUNDAY April 21

7:30am & 12 noon—will be held in the Upper Church

9am & 10:30am will be held in both the Upper Church & Parish Center

Note: No 5pm Mass

Wishing a Happy and Blessed Easter to All!

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PALM SUNDAY, HOLY WEEK and EASTER SERVICES

Wollaston Church Of Nazarene

Wollaston Church of the Nazarene, 37 E. Elm Ave., announces its schedule of Palm Sunday, Holy Week and Easter services.

On Palm Sunday, April 14, the "Word and Table" service is at 8 a.m., worship service is at 10 a.m., and weekly small groups at 11:15 a.m. The EGGstravaganza Egg Hunt will take place from 2 to 4 p.m. Online registration is available;

the church's website is wollastonnazarene.org.

On April 19, the Community Good Friday Service will be held at 7 p.m. at United First Parish Church, Quincy Center.

On Easter Sunday, April 21, a Community Sunrise Service will be held at 6:30 a.m. on Wollaston Beach. The "Word and Table" service is at 8 a.m. Worship and baptism service is at 10 a.m.

Houghs Neck Congregational

The Palm Sunday worship service at the Houghs Neck Congregational Church, 310 Manet Ave. starts at 10 a.m. after the bell is rung by Erica Brown and Walen Yardly.

Pastor Steve Vandergrift will lead the service and preach his sermon. Liturgist Beth Brown will welcome and call to worship. Maureen Flores and Glenn Brown will serve for the Diaconate. Minister of music, Steve Reed will direct the choir.

A fellowship coffee hour hosted by Nancy Jacobs follows the service.

This Sunday is the last day to place orders for Easter flowers to decorate the sanctuary.

Thursday Yoga class is in Fellowship Hall with Amy Ross at 7 p.m. Bring a mat, water and \$5.

Next week, Maundy Thursday (Holy Thursday) is celebrated at 5 p.m. with Soup Supper, Communion and Service of Tenebrae in Fellowship Hall.

Quincy Community Holy Week Services Planned

The Quincy Evangelical Clergy Association invites the entire Quincy community to join together for special Holy Week services.

On Good Friday, April 19, at noon, a worship service will be held at The First Baptist Church of Wollaston, 81 Prospect Ave.,

Quincy. Local pastors and church musicians will take part in leading the worship which commemorates the death of Jesus Christ on the cross.

On Easter Sunday, April 21, the annual Easter Sunrise Worship Service will be held at Wollaston Beach

near the Wollaston Yacht Club, on Quincy Shore Drive. The service will begin at 6:30 a.m. and will be led by members of the Clergy Association with music from the brass band of the

Quincy Corps of The Salvation Army.

In case of rain, the service will be held inside the Squantum Yacht Club.

All are welcome to attend both of these services.

St. Joseph And St. John

The St. Joseph/St. John the Baptist Collaborative of Quincy announces its slate of Holy Week and Easter Services.

The Mass of the Lord's Supper will take place at 7:30 p.m. on Holy Thursday, April 18, inside St. Joseph's.

On Good Friday, April 19, Stations of the Cross is at noon at St. John's and 3 p.m. at St. Joseph's. The Lord's Passion is at 3 p.m. in St. John's and 7:30 p.m. in St. Joseph's.

On Holy Saturday, April 20, Easter Vigil begins at 7:30 p.m. in St. John's.

On Easter Sunday, April 21, Masses will be celebrat-

ed 8:30 and 10:30 a.m. in St. Joseph's and 8:30 and 11 a.m. in St. John's.

Adoration and confession during Lent is on Wednesday evenings from 6:30 to 8 p.m. in both churches.

The Quincy Way of the Cross will take place on Good Friday. The cross will make its way through all seven Quincy Catholic churches that day, starting at 9 a.m. at Sacred Heart in North Quincy.

St. Joseph Parish is located at 550 Washington St. in Quincy Point. St. John the Baptist is located at 44 School St. in Quincy Center.

St. Agatha Parish

St. Agatha Parish, 432 Adams St., Milton, announces its schedule of Palm Sunday, Holy Week, and Easter services.

Palm Sunday Masses will be celebrated Saturday, April 13, at 4:30 p.m., and Sunday, April 14, at 7:30, 9, and 10:30 a.m., noon, and 5 p.m.

There will be Masses at 7 and 9 a.m. Monday, Tuesday, and Wednesday, April 15-17. On Wednesday, there will also be "A Light Is On For You" (Reconciliation) from 6:30 to 8 p.m.

On Holy Thursday, April 18, there will be morning prayer at 9 a.m. and Mass of the Lord's Supper at 7:30 p.m. Adoration of the Eucharist until 10 p.m.

On Good Friday, April 19, there will be morning prayer at 9 a.m. Liturgy of the Lord's Passion is at 3 p.m. Students will reenact the Way of the Cross at 5 p.m., beginning at Cunningham Park and ending at St. Agatha. Liturgy of the Lord's Passion is at 7:30 p.m.

On Holy Saturday, April 20, morning prayer is at 9 a.m. and Easter Vigil at 8 p.m.

On Easter Sunday, April 21, Masses will be celebrated at 7:30 a.m. (upper church), and 9 and 10:30 a.m., (in both the upper church and parish center) and noon (upper church). There is no 5 p.m. Mass on Easter.

Quincy Religion Directory

SERVICES & ACTIVITIES

Catholic

St. Mary's Church
95 Crescent St., Quincy • 617-773-0120
Masses
Saturday, 4pm, Sunday 8 & 10:30am
Tuesday/Thursday 9am
Handicapped Accessible
New Members Welcome!

ST. AGATHA CHURCH MILTON-QUINCY
432 Adams Street
Milton, MA 02186 • 617-698-2439
Schedule of Masses:
Saturday: 8:00AM and 4:30PM
Sunday: 7:30AM, 9:00AM, 10:30AM 12NOON and 5:00PM
Weekday Masses: 7:00 & 9:00AM
Reconciliation 3:45PM-4:15pm on Saturdays, other times by appointment
Handicapped Accessible, handicapped parking, elevator to Upper/Lower Churches ~ Air-Conditioned

St. John The Baptist ROMAN CATHOLIC CHURCH
44 School St., Quincy
617-773-1021
Weekend Mass Schedule
Saturday, 4:00 PM
Sunday, 8:30 AM & 11:00 AM
Sunday night, 5:00 PM
Weekday Masses
Wed., Fri., and Sat. 8:00 AM
Confessions
Wed. 8:30 - 9:00 AM
Sat. 2:30 - 3:30 PM
Handicapped Accessible

Saint Ann's Church
757 Hancock St., Wollaston
617-479-5400
Mass Schedule:
Sat. 4:00 PM / Sun. 9, 11 AM
Daily Mass:
Wednesday and Friday, 9 AM
Confessions: Saturday 3-3:30PM
Handicapped Accessible via Elevator

Catholic

Sacred Heart Church
"A Roman Catholic Community walking together in Faith, Worship, Education and Service"
386 Hancock St., North Quincy, MA 02171
(617) 328-8666
Sunday Masses
4 pm (Saturday)
7:30 & 10:00 am and 8:00 pm
Weekday Masses
Monday - Friday 7 am
Monday & Saturday 9 am
Handicapped Accessible
Confessions
Sat. 3-3:45pm in Saint Joseph Oratory

St. Joseph's Church
550 Washington Street
Quincy, MA 02169 • 617-472-6321
SUNDAY MASSES:
4 p.m. (On Saturday)
8:30 a.m. and 10:30 a.m.
Weekday Masses:
Mon., Tues., & Thurs. 9a.m.
CONFESSIONS: Saturday, 2:30-3:30 pm
Handicapped accessible & Handicapped parking, side entrance
Air-conditioned

Holy Trinity Parish
Come and Worship!
Most Blessed Sacrament Church
1031 Sea St.
WEEKDAY MASSES
9:00AM Tuesday and Thursday
WEEKEND MASSES
4:30 PM Saturday and 8:30 AM Sunday

Our Lady of Good Counsel Church
237 Sea St.
WEEKDAY MASSES
9:00AM Monday and Wednesday
WEEKEND MASSES
6:00PM Saturday and 10:30 AM Sunday
CONFESSIONS: 3- 4PM Saturday
Rev. Martin Dzengaleski, Pastor
Phone: 617-479-9200
EMAIL: holytrinityquincy@gmail.com
VISIT: www.holytrinityquincy.com

Congregational

HOUGH'S NECK CONGREGATIONAL CHURCH
310 Manet Avenue
617-479-8778
www.hncong.org
Sunday Worship Service at 10 a.m.
Pastor Stephen Vandergrift will lead the service and preach his sermon
All are welcome to attend
FELLOWSHIP COFFEE HOUR FOLLOWING SERVICE

BETHANY CONGREGATIONAL CHURCH
Spear & Coddington Streets
Quincy Center, 617-479-7300
www.bethanycongregational.org
Sunday Worship Service at 9:30AM

The Rev. Patrick McCorkle
will conduct the service and preach the sermon
"Playing to an Audience of One"
Fellowship following the service
Church is handicap accessible

Quincy Point Congregational Church
United Church of Christ
444 Washington St.
(617) 773-6424
www.quincypointcongregational.org
Sunday Worship and Sunday School at 10 am
Elevator Access via Abbey Rd
Rev. Kimberly Murphy, Pastor
Rachel Hallenbeck, Minister of Music
Angelina DeCristofaro, Youth Dir.

Congregational

Wollaston Congregational Church
United Church of Christ
48 Winthrop Avenue
Quincy, Massachusetts
Inclusive Family Worship at 10 a.m.
Elizabeth J. Williams
Pastor
617-773-7432
www.wollastonucc.org

Unitarian Universalist
United First Parish Church
A theologically liberal congregation, encouraging people to seek their own spiritual path. All are welcome.
Worship Service & Church School: Sundays at 10:30 AM
Followed by Fellowship & Refreshments
Rev. Rebecca Froom
1306 Hancock St., Quincy
www.ufpc.org

Church of Christ
CHURCH OF CHRIST IN MILTON
330 Edge Hill Rd.,
Milton, MA 02186 • 617-274-2409
www.churchofchristinmilton.org
Maurice Davis, Minister
SUNDAY WORSHIP
8AM, 11AM and 6PM
Sunday Bible Study 9:45AM
Tuesday Bible Study 11:00AM
Wednesday Bible Study 7:00PM
3rd Friday - Couples 7:30PM
4th Friday - Youth 7:30PM

Christian Science

First Church of Christ, Scientist
1460 Hancock Street, Quincy
617-472-7099
Sunday Services and Sunday School 10:30 a.m.
Wednesday Evening Meetings - where testimonies of healing are shared 7:30 p.m.
ALL ARE WELCOME!
HOLY BIBLE

Nazarene
Wollaston Church of the Nazarene
Come Join Us For Sunday Worship!
8:00 AM Worship Service (Holy Communion & Liturgy)
9:00 & 11:15 AM Weekly Small Groups
10:00 AM Worship Service
Stephen "Stretch" Dean, Lead Pastor
Andrea Sawtelle, Youth Pastor
Des Keutner, Children's Pastor
Don Reed, Visitation Pastor
37 E. Elm Ave., Wollaston
617-472-5669
email: office@wconaz.org
www.wollastonnazarene.org

Methodist
QUINCY COMMUNITY UNITED METHODIST CHURCH
40 Beale St., Wollaston
617-773-3319
10:30 AM Sunday Worship
Rev. Rebecca E. Baumann

Salvationist
THE SALVATION ARMY
6 Baxter St., Quincy • 617-472-2345
9:45AM CHRISTIAN EDUCATION
11AM WORSHIP SERVICE
BRASS BAND MUSIC
NOON THURS. WOMEN'S FELLOWSHIP
6:30PM WEDS. BIBLE STUDY

Non-Denominational
LIGHTHOUSE FELLOWSHIP
73 Newbury Ave., N. Quincy
Worship & Children's Church 10AM
Pastor Mike Fehan
617-847-4444
Mid-week studies & youth group
mjfehan@gmail.com

To Advertise
in this Directory,
Call 617-471-3100

OBITUARIES

Gloria A. Varrasso, 85

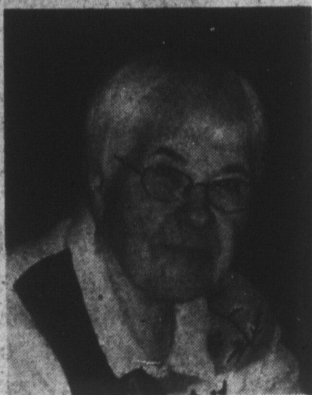
A funeral Mass for Gloria A. (Mariano) Varrasso, age 85, of Braintree, was celebrated April 4 in St. Clare Church, Braintree.

Mrs. Varrasso died March 31 at home, surrounded by her loving family.

She was born in Quincy to her parents Carmine and Pasqualina (Satorio) Mariano. She graduated Quincy High School in 1951. Upon graduation, Mrs. Varrasso worked at Lincoln stores in Quincy until her marriage to John Varrasso, whom she spent 48 wonderful years with. Together they raised 4 wonderful sons.

Later in life, Mrs. Varrasso worked at a garment factory in Braintree until its closing, then went on to work at John Scott Nursing Home in Braintree for 19 years. After retiring, she volunteered at Abigail Adams Center for Seniors. She worked at the Braintree Senior Center until her illness of cancer. During her time of illness, Mrs. Varrasso met so many wonderful friends, who made a point to always visit her. She will be sorely missed by all who were blessed to have known her.

Beloved wife of the late John Varrasso. Loving mother of Michael Varrasso and his wife Sandra of Weymouth, Robert Varrasso and his wife Lynn of Plymouth,



GLORIA A. VARRASSO

John Varrasso and his wife Laura of Hanover and Jimmy Varrasso and his wife Heidi of Abington. Caring grandmother of 4 granddaughters, 1 grandson and 1 grand dog Razzle. Devoted sister of Donna Sacchetti and her husband Fred of Braintree and the late Luigi Mariano and his wife Helen, Americo Mariano, Peter Mariano, Rose Raymond and her husband Alfred, Jenny Magnarelli and her surviving husband Romeo of Wollaston. Also survived by many wonderful nieces and nephews.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Cartwright-Venuti Funeral Home, Braintree.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Earl J. Sweeney, Sr., 93

A funeral service for Earl J. Sweeney, Sr., age 93, a longtime Quincy resident, was held April 6 in Peck Funeral Home, Braintree.

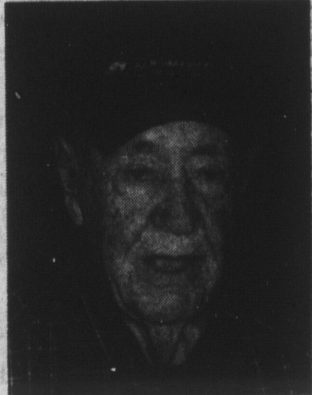
Mr. Sweeney died peacefully after a brief illness on March 27.

Son of the late James Sweeney and Martha (Forsythe) Sweeney. The second youngest of five children who grew up in Quincy and attended Quincy High School, Class of 1944.

Mr. Sweeney proudly served in the U.S. Navy from 1943 to 1946 and was stationed on the USS An-tietam (CV 36) from 1944 to 1946 with the Air Flight Medical Division. He went on to work for Shawmut Bank where he enjoyed a 44 year career working in various positions including consumer loan training and loan review officer.

He enjoyed volunteering his time to charitable causes. Mr. Sweeney was a member of the Delta Masonic Lodge of Braintree, a 70+ year medal holder and a past master of Manet Masonic Lodge of Quincy 1959-1960. He also served Braintree Red Cross Blood Bank as a solicitor of donors for many years and volunteered at countless blood drives.

Mr. Sweeney credits reaching this period of his life to his daughter Valerie and his longtime companion



EARL J. SWEENEY, SR.

Judith Bryer, with whom he traveled throughout the world.

He is survived by Judith Bryer of Quincy, his son Joseph Sweeney of Halifax, Valerie (Sweeney) Nguyen and her husband Chaot of Pembroke, Thomas Sweeney of Brockton and the late Marcia Sweeney. He leaves behind four grandchildren, Marcia (Nguyen) Mailoux and her husband Keith, Jeffrey Nguyen and his wife Sina Mutha, Dolena Sweeney and Dyanna Brueggeman as well as three great-grandchildren and many special nephews and nieces.

Predeceased by the late James Sweeney, Russell Sweeney, Evelyn (Sweeney) Vincent, Mary (Sweeney) Kormann and Kevin Sweeney.

Interment at Hanover Cemetery.

Memorial donations may be made to the American Red Cross of Massachusetts.

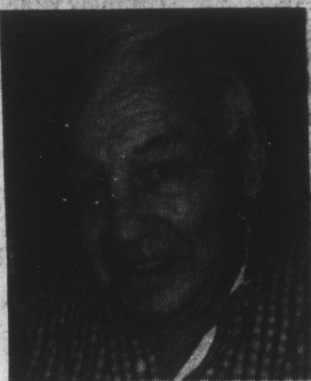
William H. Van Dine

A funeral service for William Henry "Van" Van Dine of Quincy was held Monday in Houghs Neck Congregational Church.

Mr. Van Dine died March 31.

He adored his family, "the clan" and had a special connection with each of them that they cherished deeply. He was a proud member of the United States Navy and served on the USS Dupont (DD-941) as a cook. Mr. Van Dine drove an 18 wheeler truck for the oil industry clocking 4 million miles during his career with a perfect record. He was a self-proclaimed "Jack of all trades" and enjoyed tinkering around the house. Mr. Van Dine had a great sense of humor and was a caring, outgoing, and charismatic man. He will be greatly missed by all who knew him.

Beloved husband of almost 60 years to June (Snow) Van Dine of Quincy. Loving father of Denise Wainwright and her hus-



WILLIAM H. VAN DINE

band Stephen of Pembroke, June Jolicouer and her husband Glenn of Quincy, Cheryl Van Dine of Quincy, and William Henry Van Dine, Jr. and his wife Kelly of Plymouth. Predeceased by 4 siblings. Also survived by 12 grandchildren and 6 great grandchildren.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Alzheimer's Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

Dorothy A. Jackson

A funeral service for Dorothy A. "Dottie" (Gallagher) Jackson of Quincy was held Monday in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Jackson died April 1.

She adored her family, especially her beloved partner of many years Kevin. She was very crafty and enjoyed painting and making flower arrangements. She also enjoyed reading and knitting.

Mrs. Jackson worked for American Airlines as an airline attendant and then in the Norfolk Sheriff Office for Mike Bellotti answering phones and was in charge of the smoke alarms and bomb scares. She had a very strong relationship with her aides Pet, Lorraine, Patricia, and Claire, all of whom she con-



DOROTHY A. JACKSON

sidered close friends as well as caretakers. Mrs. Jackson was a sweet, loving woman with a beautiful smile. She will be greatly missed by all who knew her.

Soulmate of the late Kevin Mahoney, along with his beloved children and grandchildren. Mother of the late Robert J. Walsh. Grandmother of Christopher and Patrick Walsh. Also survived by her loving cat Thatcher.

Mathew J. McDonald, 59

A funeral Mass for Mathew J. McDonald, age 59, a lifelong resident of Quincy, was celebrated April 6 in St. John the Baptist Church, Quincy.

Mr. McDonald died April 1.

Born in Quincy, he was the son of the late George A. and Margaret M. (Tanguay) McDonald. Beloved companion of Linda M. Quinn of Quincy. Devoted father of Heather McDonald of Quincy, John M. McDonald and his fiancée Nicole Lynch of Quincy, Meaghan E. McDonald of Mansfield and Erica L. Kintscher and her husband Chris of NJ. Loving grandfather of Shawn Colby, Kylie and Hadley McDonald, Felipe Quinones III, Anthony, Christian and Jaxson Kintscher. Dear brother of Mary Miller of Hingham, Jean Reeves, Theresa McDonald, both



MATHEW J. McDONALD

of Quincy, Sandy McDonald of Weymouth and Jack McDonald of Quincy. He is also survived by many loving nieces and nephews.

Private interment.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

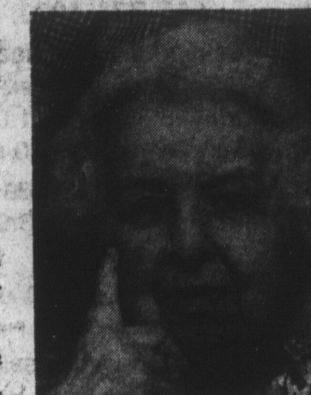
Memorial donations may be made to Beth Israel Deaconess Medical Center, 330 Brookline Ave, Boston, MA 02215.

Eleanor L. Perkins

A funeral Mass for Eleanor L. (Fallon) Perkins of Quincy, originally of Dorchester, was celebrated April 3 in St. Gregory Church, Boston.

Mrs. Perkins died peacefully March 30 of natural causes surrounded by her family.

Beloved wife of the late Earl O. Perkins. Loving mother of Earl Perkins, B.P.D. and his wife Janet Connolly of Dorchester, Eleanor Perkins of Canton, Edward Perkins and his wife Patricia of Milton, Elizabeth Donahue and her husband John of Canton, Eileen Peters and her husband Eric of Newport Beach, CA and El-Hot Perkins of Quincy. Devoted sister of Everett Fallon and his wife Betty of Plymouth, the late Frederick Fal-



ELEANOR L. PERKINS

lon and his surviving wife Eleanor of Weymouth and the late Edward and Beverly Fallon. Also survived by 11 loving grandchildren and 2 great-grandchildren.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the John J. O'Connor & Son Funeral Home, Dorchester.

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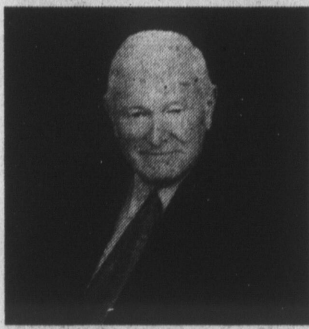
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James J. Flynn, 90

A funeral Mass for James J. "Tarzan" Flynn, 90, of Quincy will be celebrated at 10 a.m. Thursday in Sacred Heart Church, Quincy.

Mr. Flynn died April 6.

The beloved husband of the late Helen (Campbell) Flynn. Loving father of Thomas Flynn and his wife Donna of Plymouth, Timothy Flynn and his wife Jean of Weymouth, Nancy Swanton and her husband Robert of Pembroke, Robert Flynn and his wife Cynthia of Mansfield, Paul Flynn and his wife Julie of Mansfield and the late Maureen Doherty Gregoire and her husband Robert Gregoire of North Andover. Brother of Edward Flynn of Dorchester and the late Anne Maloney and Charles and William Flynn. He is also survived by 15 grandchildren



JAMES J. FLYNN

and 13 great-grandchildren as well as numerous nieces, nephews and extended family.

A proud WWII Coast Guard veteran, Mr. Flynn was a graduate of Boston College, Class of 1953. He was an accountant/controller for the British Tire and Rubber Company for many years. He was past grand knight, North Quincy Knights of Columbus. For many years Mr. Flynn volunteered his time

at the St. Francis House in Boston. An active member at Sacred Heart Parish, he also volunteered as a lector. He enjoyed golf and following New England sports teams. The foundation of his life was his family, he truly enjoyed attending his grandchildren's events and being surrounded by his family.

Visiting hours were 4 to 8 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held in the funeral home at 9:15 a.m. on Thursday.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations Flynn may be made to St. Francis House, 39 Boylston St., Boston, MA 02116 or to Sacred Heart Church, 386 Hancock St., North Quincy, MA 02171.

William J. DiChristofaro, 59

A funeral Mass for William J. "Billy" DiChristofaro, age 59, of Rockland, formerly of Quincy, was celebrated Monday in St. Joseph's Church, Quincy.

Mr. DiChristofaro died peacefully April 2 at South Shore Hospital, in the comfort of his loving family, after a brief illness.

He was born in Quincy to the late Joseph G. and Barbara M. (Seaver) DiChristofaro. Mr. DiChristofaro was a graduate of Quincy Vocational Technical School, Class of 1978, and had lived the past several years in Rockland, previously in Quincy for most of his life.

He was a self-employed ornamental welder, work-



WILLIAM J. DICHRISTOFARO

ing throughout the Quincy and South Shore area for many years. Mr. DiChristofaro was proud of his Italian heritage.

Devoted brother of James N. DiChristofaro of Arizona, Nancy A. Bohlin and her husband Jon of

Carver, Donna M. Colville of Weymouth, Joseph A. DiChristofaro and his wife Monia of Sharon. Loving uncle of Samantha and Shawn Bohlin, Derek Rardon, Brian and TJ Colville and Joseph DiChristofaro, Jr. Dear nephew of Robert Seaver and his wife Ann of Florida.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

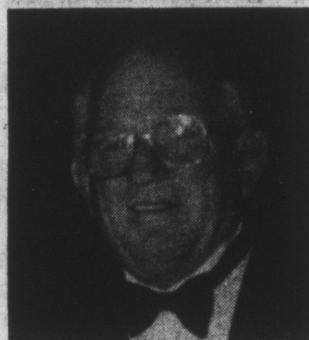
Memorial donations may be made to the American Diabetes Association, 260 Cochituate Rd., #200, Framingham, MA 011701.

Patrick J. O'Callaghan, 84

A funeral Mass for Patrick J. O'Callaghan, 84, of Quincy, originally from Lissycasey, Ennis, County Clare, Ireland, was celebrated Wednesday in St. Mary's Church, Quincy.

Mr. O'Callaghan died April 4.

The beloved husband of 59 years to Marie T. (Pierce) O'Callaghan of Quincy. Devoted father of Kevin O'Callaghan and his wife Joanne of Canton, John O'Callaghan and his wife Cindy of Quincy and Neil O'Callaghan and his wife Margaret of Hanover. Cherished Papa to John, Brian, Kevin, Emily, Jack and Aiden O'Callaghan. Loving brother of Mary Scanlan, Vincent and John O'Callaghan and Violet Carrig all of Ireland and the late Margaret O'Dea. He is also survived by many nieces



PATRICK J. O'CALLAGHAN

and nephews both here and in Ireland.

Mr. O'Callaghan came over from Ireland in 1956. He met the love of his life Marie at an Irish dance. Together they raised their family in Quincy. Mr. O'Callaghan loved music, dancing and following the Boston Bruins. He also enjoyed traveling down to Cape Cod. Proud of his Irish heritage, he always

enjoyed traveling back to Ireland to visit his family.

Mr. O'Callaghan had a strong work ethic and retired after 33 years with New England Telephone Company. The cornerstone of his life was his family, they were truly what was most important in his life. Mr. O'Callaghan was devoted to all of them and in return they cherished him. He will be sadly missed by all those who were blessed to have known him.

Interment at St. Mary's Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to St. Mary's Church, 115 Crescent St., Quincy, MA 02169.

Funeral services for Norma E. (Crooker) Demaggio, age 94, a longtime Quincy resident, were held Tuesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Demaggio died peacefully April 4 at the John Adams HealthCare Center, surrounded by her loving family.

She was born in South Portland, Maine, to the late Charles N. and Marjorie I. (Gaudet) Crooker. She was raised and educated in Quincy and was a graduate of Quincy High School, Class of 1942 and had lived in Quincy for eighty-five years.

Mrs. Demaggio was a dedicated homemaker and accomplished baker who was well-known for her special "vinegar cookies." She also was a talented seamstress and had made clothes for herself and her family. Mrs. Demaggio was an avid reader, jigsaw puzzle



NORMA E. DEMAGGIO

enthusiast and had loved to travel with her late husband Biagio. She also enjoyed visits from her friends and neighbors.

Mrs. Demaggio's greatest passion was for her family. She enjoyed spending time with her cherished grandchildren and great grandchildren, she was especially proud of them and supported their many activities and accomplishments.

Beloved wife of the late Biagio L. "Gene" Demaggio. Devoted mother of Stephen J. Demaggio and his

late wife Marilyn of Weymouth, Joanne L. Smith and her husband Gary of Braintree, David C. Demaggio and his wife Claire of South Boston. Loving grandmother of Michelle Hart and her husband Bryan, Nichole Mann and her husband Thomas, Erik Smith and his wife Megan, Jason Smith, Elizabeth Chandler and her husband Eric, Jaclynn DeLisle and her husband Dustin. She is also survived by ten, much loved, great-grandchildren.

Mrs. Demaggio was the last of three siblings and was pre-deceased by Charlotte Knowles and Barbara Connor and is survived by many nieces and nephews.

Pastor Heidi Johnston of the Faith Lutheran Church in Quincy officiated the services.

Interment at Pine Hill Cemetery, Quincy.

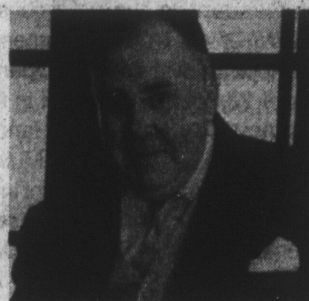
Memorial donations may be made to the charity of your choice.

Arthur G. Daru

Funeral services for Arthur G. "Butch" Daru of Weymouth, formerly of Quincy, were private.

Mr. Daru died April 3.

He proudly served in the U.S. Navy during the Vietnam Era and went on to have a successful 50-year career as a plumber. Mr. Daru enjoyed fishing, hunting and debating politics. He was happiest when surrounded by his family, especially his grandchildren.



ARTHUR G. DARU

Beloved husband of Lucy (Chase) Daru of Weymouth. Devoted father of Linda Rosano and her husband James

of Hanover and Jeff Daru of Weymouth. Cherished Papa of Jake, Mark and Michael.

A celebration of life will be held at a later date.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Park Dr., Rockland, MA 02370.

Funeral arrangements were made by McDonald Keohane Funeral Home, Weymouth.

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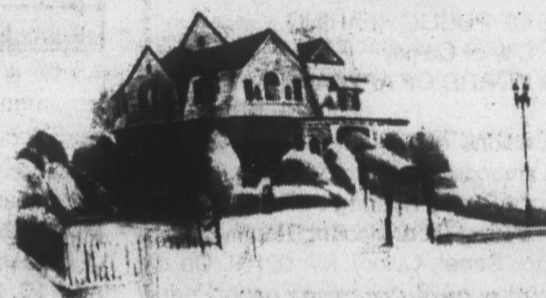
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OBITUARIES

Robert A. George

A funeral Mass for Robert A. "Bob" George of Duxbury, formerly of Weymouth and Quincy, will be celebrated at 10 a.m. Friday in Holy Family Church, Duxbury.

Mr. George died April 6. He worked as an I.T. professional for many years. Mr. George enjoyed traveling, working on cars, repairing computers, helping others, and being a papa. His

family was the foundation of all that was important to him. He will be deeply missed.

Beloved husband of Jane (Ward) George, he was the devoted father of Timothy and his wife Samantha, Brian, and Devin and his fiancée Leah. Cherished Papa of Jessica; loving brother of Patricia DiTullio. Also survived by many nieces and nephews.

Visiting hours are 4 to 8 p.m. Thursday in the Shepherd Funeral Home, Kingstons.

Interment at Mayflower Cemetery, Duxbury.

Memorial donations may be made to St. Jude Children's Hospital at stjude.org.

A funeral Mass for Serafina "Lena" (Marinilli) Stracco, age 97, of Quincy will be celebrated Thursday at 10 a.m. in St. John the Baptist Church, Quincy.

Mrs. Stracco died April 6.

Born in Abruzzo, Italy, she migrated to America with her family at age 13. Before retiring, she worked as a seamstress for various companies on the South Shore. A communicant of St. John's Church, she was a member of its Catholic Club and Senior Citizens Club.

The beloved wife of the late Enrico "William" Stracco, Mrs. Stracco was the loving mother of Paul Stracco and his wife Helen of Brewster and the late

Serafina Stracco, 97



SERAFINA STRACCO

Enrico Stracco and Angela Galante; mother-in-law of Nicholas Galante of Braintree; daughter of the late Domenic and Palma Marinilli; dear sister of Dina Balzano of Rochester, NY and Dona Centofanti Peak of Weymouth; beloved grandmother of John Paul Stracco and his wife Sarah, Ben-Jo-

sef Stracco, Denise Caruso, Ronald Galante and his wife Cheryl, Sheryl Howard and her husband Scott and Rico Stracco and his wife Antoinetta; great-grandmother of Rosalind, Celia, Robyn, Laura, Mark, Olivia, Rico, Nicolette, Drew, Adam, Lauren, Madelyn and Anna; and is also survived by Adrian DelRosso and many nieces and nephews.

Visiting hours were 4 to 7 p.m. Wednesday in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy. There will be a gathering in the funeral home at 9 a.m. Thursday.

Interment at Mount Wollaston Cemetery, Quincy.

Memorial donations may be made to Hancock Park Assisted Living, 164 Parkingway, Quincy, MA 02169.

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-20

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of Betty Yau for a Special Permit (amendment) to eliminate the proposed egress stairway to the rear of the house and to raise the existing attic level for additional living space in violation of Title 17 as amended Chapter 4.1 (dimensional requirements) and Chapter 4.1.1 (conformance) on the premises numbered 28 HOLMES STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-21

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of GMC Construction, Gabriel McColgan for a Variance/Finding to expand the existing home to incorporate a 2-car garage in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 22 SHIRLEY STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-22

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of Mai Phung, Phung/Phung Architects for a Variance to legalize from a 2-family to a 3-family in violation of Title 17 as amended Chapter 3.1 (table of use regulations) on the premises numbered 17 EDGEWOOD CIRCLE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-23

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of Brittany Lockwood-Maguire for a Special Permit/Variance/Flood Plain to remove the existing two-family and construct a new 4-story, 6-unit residential building in violation of Title 17 as amended Chapter 8.1.9 (flood plain), Chapter 4.0 (dimensional requirements) and Chapter 9.4 (special permit) on the premises numbered 12 FURNACE AVENUE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-25

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of E Y Realty, LLC for a Special Permit/Variance/Finding to demolish the existing single family and construct two residential structures containing two units each in violation of Title 17 as amended Chapter 4.0 (dimensional requirements), Chapter 5.0 (parking) and Chapter 9.0 (administration and procedures) on the premises numbered 35 MAIN STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-26

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of James Goldrick for a Variance to replace carport and build a one car garage in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 26 RIDGEWAY DRIVE, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-27

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of Jennifer Shi for a Variance to add a 1.5 story addition in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 128 DARROW STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-24

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of RECE Massachusetts, LLC for a Special Permit/Variance/Finding to construct a mixed use building consisting of retail and six residential units in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structures) and Chapter 4.1.1.4 (dimensional requirements) on the premises numbered 12-14-16 BATES AVENUE & 279 WILLARD STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-28

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of Tim Mullally for a Variance to add a new farmers porch 8' off the front in violation of Title 17 as amended Chapter 4.0 (dimensional requirements) on the premises numbered 15 SHELLTON ROAD, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE NO. Z19-29

Pursuant to the provisions of TITLE 17 of the **QUINCY MUNICIPAL CODE** as amended, the Quincy Zoning Board of Appeals will hold an **Open Public Hearing** on **Tuesday, April 23, 2019 at 7:15pm in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy, MA 02169.** On the application of St. Marys Church for a Finding to allow for its sale of the former St. Mary's School and associated parking lot to the City of Quincy for future construction of a neighborhood public school in violation of Title 17 as amended Chapter 3.4 (nonconforming use and structures) on the premises numbered 119-129 CRESCENT STREET, QUINCY.

Plans and Specifications are on file at the Inspectional Service Department located at 55 Sea Street, Quincy, MA 02169 and may be reviewed during regular business hours.

Martin Aikens, Chairman

4/4/19, 4/11/19

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Ida M. Ricci, 95

A funeral Mass for Ida M. (Cappola) Ricci, 95, of Quincy, was celebrated Wednesday in St. Mary's Church, Quincy.

Mrs. Ricci died peacefully April 4 after a life filled with love and family.

She was the wife of the late Mario J. Ricci, lieutenant in the Quincy Fire Department, mother of Mary Ann Ricci of Quincy, Paul Ricci and his wife Patti of Easton, Lisa Schumann of Ponte Vedra Beach, Florida, and Steven Ricci of Sandwich. She is survived by her sister, Yolanda Donovan of Vero Beach, Florida. Mrs. Ricci's family was her greatest pride, and she loved dearly her 10 grand-



IDA M. RICCI

children, 9 great grandchildren, and a myriad of cousins, nieces, nephews from her 8 brothers and sisters.

A lifetime Quincy resident, Mrs. Ricci worked as a stitcher in the Ladies Garment Workers' Union, at Lord & Taylor, and she continued to work until she was 85 years old at The Common Market.

Mrs. Ricci was a life-long communicant of St. Mary's Church in West Quincy and was a member of their Ladies' Sodality. She also belonged to the Sons of Italy Ladies' Lodge in Braintree. Mrs. Ricci loved spending her time with her friends from her 60+ year Sewing Circle club, painting, playing bingo, and taking your money playing cards.

Interment at Mount Wollaston Cemetery, Quincy.

Funeral arrangements were made by Boston Cremation, 116 Franklin St., Quincy.

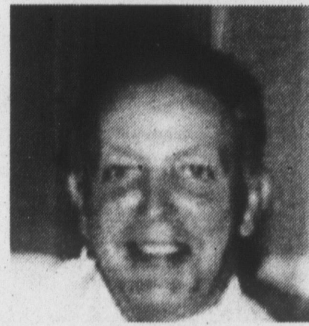
Memorial donations may be made to the Italian Home for Children at italianhome.org.

Arthur E. McLaughlin, Sr., 81

A funeral Mass for Arthur E. McLaughlin, Sr., 81, of Plainville, formerly of Quincy, was celebrated Monday in St. Martha's Church, Plainville.

Mr. McLaughlin died April 3 surrounded by love.

He is predeceased by his partner of 40 years, Drusilla Proctor. He was a proud to be McLaughlin and was the fifth of nine children. He is predeceased by his parents Francis and Betty McLaughlin, his brothers: Ralph Bronson, James McLaughlin, Francis McLaughlin, Paul McLaughlin, Robert McLaughlin and his sister, Emma Knapp. He is survived by his sister, Martha Costa and his brother, Joseph McLaughlin and his wife Carol. He is survived by his children, Arthur E. McLaughlin, Jr. and partner Linda Macintyre; Mary M. MacGregor and husband Ken; Elizabeth A. Quirk and partner Dean Rusco; Johnny McLaughlin and wife Maryanne; Patrick M. McLaughlin; and Theresa McLaugh-



ARTHUR E. McLAUGHLIN, SR.

lin. He has 14 grandchildren, 3 great-grandchildren and numerous of nieces and nephews.

Mr. McLaughlin had an effervescent personality, a contagious laugh, and made friends wherever he went. No doubt he is reconnecting with his old friends Nick Diamond, John Vlahos, Vas, Brooksie, Belino and his beloved Devil. He was a proud member of the Ironworkers, Union 7, and being part of the Big Dig. He also owned and operated a service station in Weymouth Landing for decades.

Mr. McLaughlin was

proud to be Boston Irish, loved reading, golf, politics, history, coin collecting and all sports. Moosehead Lake in Maine was his special place filled with warm memories of fishing, hunting and dear friendships. Mr. McLaughlin started each day with a smile stating that "God has been very good to me." Always imparting a lesson, when his children would say "I love you dad," he would say "love you too, do you love yourself?" As you think of him, see him holding court, wearing his Greek cap, offering you a cup of tea and something to eat, laughing, and asking how you are and where's my kiss.

Interment at Plainville Cemetery.

Funeral arrangements were made by the RJ Ross Funeral Home, Wrentham.

Memorial donations may be made to Dana Farber Cancer Institute, 10 Brookline Place West, Brookline, MA 02445 danafarber.org.

Mary Palmer, 93

Funeral services for Mary (Salvucci) Palmer, age 93, a longtime Quincy resident, were held Wednesday in the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Mrs. Palmer died peacefully April 6 at Alliance Health at Marina Bay, in the comfort of her loving family.

She was born in San Donato, Italy, to the late Luigi and Annita (Fabrizio) Salvucci. She immigrated to Canada as an infant before settling in the United States. She was raised in Quincy and was a graduate of Quincy High School. Mrs.



MARY PALMER

Palmer had lived in Quincy for most of her life.

She was primarily a homemaker but as a young woman had worked as a seamstress. Later, she was employed as a sales associate at Lord & Taylor at the South Shore Plaza.

Most of all, Mrs. Palmer

was devoted to her family.

Beloved wife of the late Richard H. Palmer. Devoted mother of David M. Palmer, Michael R. Palmer, and Susan M. Palmer, all of Quincy. Loving grandmother of Michael J. Palmer and his wife Marianne of Quincy. Cherished great-grandmother of Michael A. Palmer and Marissa E. Palmer. Dear sister of Orfeo "Joseph" Salvucci and his wife Kay of Holbrook and predeceased by Lucy Vespaziani and Antonio Salvucci. Also survived by many nieces and nephews.

Interment at Pine Hill Cemetery, Quincy.

John Emerson, 82

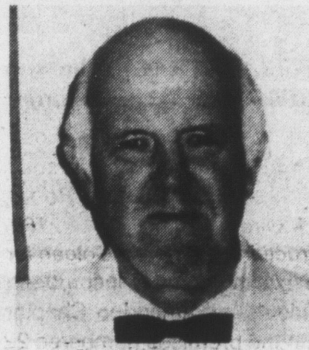
A memorial celebration of the life of John Emerson, age 82, of Quincy, formerly of Framingham, will be held at a later date.

Dr. Emerson died April 3 at Massachusetts General Hospital, in the comfort of his loving family.

He was born in Suffolk County, England, to the late John and Rosalie (Vevaet) Emerson. He earned his doctorate in Persian history from the Universities of Oxford and Cambridge.

Dr. Emerson arrived in the United States in the early 1970s and had lived in Quincy for over thirty years. He had worked as a college librarian and was an expert in Persian studies. He worked with special collections at Harvard University and Boston University.

Dr. Emerson had traveled extensively throughout



JOHN EMERSON

the United States; Europe and the Middle East and enjoyed book stores, tea shops and was a big fan of trains and public transit all over the world.

Loving companion and partner for over forty years of Thelma A. Freedman of Quincy. Dear brother of Mary Emerson of the United Kingdom.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to the charity of your choice.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO19P0564EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mary B. Schofield
Date of Death:
January 22, 2019

To all persons interested in the above captioned estate, by Petition of:

Petitioner John B. Schofield of Westford, MA.

a Will has been admitted to informal probate.

John B. Schofield of Westford, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

4/11/19

Charles Kabilian, 91

A funeral Mass for Charles Kabilian, 91, of Quincy, was celebrated Tuesday in Sacred Heart Church, Quincy.

Mr. Kabilian died peacefully April 1 surrounded by his loving family.

He adored his family and enjoyed spending his time with them. He was a straight forward, strong, and kind-hearted man. Mr. Kabilian proudly served in the United States Army Air Force during WWII. He worked as an electrician for Beth Israel Deaconess Medical Center for almost 40 years. He will be greatly missed by all who knew him.

Beloved husband of Linda A. (Valencia) Kabilian of Quincy. Loving father of Karine Sloane and her husband Richard of FL, Kathryn Kelsch and her husband Trevor of Bridgewater, Kristine Mosca and her husband Richard of Marshfield, and Keith Kabilian and his wife Amy of S. Weymouth. Cherished brother of Arthur Kabilian of Quincy and the



CHARLES KABILIAN

late Samuel, Richard, and James Kabilian. Also survived by 11 grandchildren

and many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Foundation for Prader-Willi Research, 340 S. Lemon Ave. #3620, Walnut, CA 91789 fpwr.org.

REQUEST for PROPOSAL

REQUEST for PROPOSAL

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

LIBRARY DEPARTMENT

CAFÉ OPERATOR at the THOMAS CRANE PUBLIC LIBRARY

MAY 9, 2019 @ 11:00 A.M.

The City of Quincy on behalf of the Thomas Crane Public Library seeks proposals to identify, select and partner with a qualified and responsible food service vendor to manage and operate a café at the City's Main Library, 40 Washington Street, Quincy, Mass.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov, and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

The Library has scheduled 2 non-mandatory on-site pre-bid walk throughs on: April 18 and April 23 (9:30 a.m.) at the Library, 40 Washington Street, Quincy, MA.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "RFP ENCLOSED" with time/date of bid call.

Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above. Late Bids/Proposals, delivered by mail or in person, will be deemed non-responsive and rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The City reserves the right to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor
Kathryn R. Hobin, Purchasing Agent

4/11/19

Please RECYCLE



this paper

Quincy Softball Shines Against East Bridgewater, 9-2

By TOM JOYCE

The Quincy High softball team was patient in their game last Saturday – and it resulted in a blowout victory.

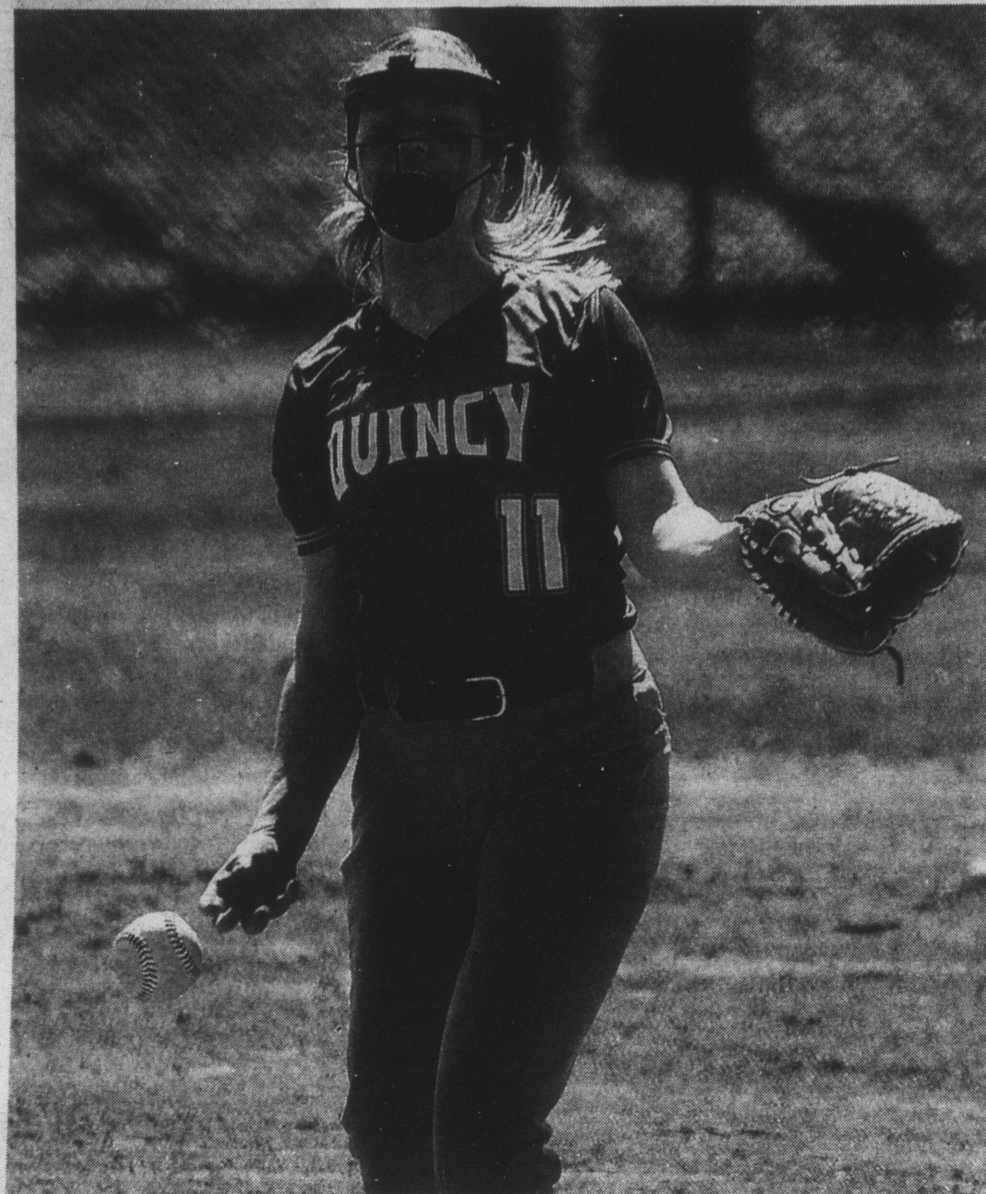
The Presidents hosted the East Bridgewater Vikings at Mitchell-McCoy Field. While much of the game was tightly contested, not swinging the bat gave the team an insurmountable lead and ultimately, they beat East Bridgewater 9-2 to improve to 2-1 on the season.

“They had great plate discipline,” Presidents head coach Greg Sommers said. “They were waiting for their pitch they could hit. We were able to manufacture a bunch of runs – and it was great. Credit to our girls that they were able to stick around the whole time and keep battling. It was a great softball game.”

With the game tied 2-2 in the bottom of the sixth inning, the Presidents rallied for seven runs to put the game away.

Priscilla Bonica led off the inning with a single up the middle and Meghan Davis drew a walk. During Megan Beck’s at-bat, a passed ball moved the runners into scoring position, allowing Beck to get the go-ahead RBI on a groundout to third base. The run put the Presidents up 3-2, but they were not finished.

East Bridgewater walked Lindsay Sheridan and beamed Kate Downey to load the bases as their pitcher lost command of the strike zone. She walked the next five batters: Juliana Tracey, Ashley Grehan, Emma Glavin, Sarah Ainsley and Bonica. Each of those walks scored



JULIANA TRACEY threw a complete game five-hitter as the Quincy Presidents defeated East Bridgewater 9-2 last Saturday at Mitchell-McCoy field. Tracey struck out two in the victory.

a run for the Presidents and with two outs in the inning, Beck drew a walk, putting the team up 9-2. In all, East Bridgewater issued nine free passes in the inning.

Every player in Quincy’s starting nine reached base in the victory.

“As a coach, that’s what you want,” Sommers said. “Everyone to contribute. That makes you really happy.”

Prior to this inning, the game was tightly-contested. East Bridgewater took a 1-0 lead in the fourth inning

before Quincy even had a clean hit in the game. Juliana Tracey walked the first batter of the inning, who then reached third base on a sacrifice bunt. Tracey then surrendered an RBI single before she forced two quick popouts to end the inning.

In the bottom of the fourth, the Presidents countered with a run of their own. Ainsley blasted an RBI single off of the left field fence, knocking in Grehan, who reached on a fielder’s choice earlier in the inning.

Quincy then took a 2-1

lead one inning later after Downey and Tracey reached base on a single and an out-field error respectively. Grehan knocked in Downey with one out in the inning on a single to center field, giving the team a one-run advantage.

However, East Bridgewater tied it up in the sixth with their aggressive style of play. The second batter of the inning drew a walk and got pushed over to third on a sacrifice hit. The runner scored on a single over the head of the Presidents second baseman. Tracey then walked the next batter, but induced a 6-3 groundout to end the inning.

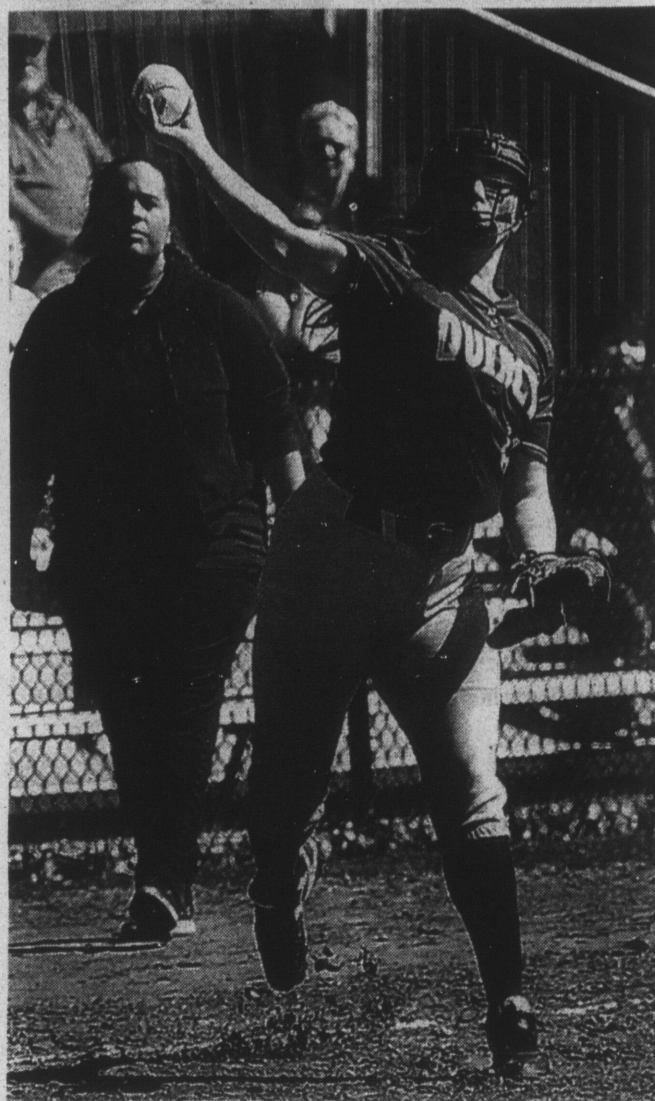
Tracey tossed a complete game for the Presidents and picked up the win. In seven innings pitched, she allowed two runs on five hits, five walks and struck out a pair of batters.

“She was excellent,” Sommers said of Tracey’s performance. “They had prom last night and yet, came in ready to go. It was excellent.”

Sommers also noted his team shined defensively in the win, especially in the outfield.

He added that as a team with some experience, one of the Presidents biggest strengths this season will be their camaraderie.

“They’re coming together and playing for each other,” he said. “They’re playing with each other. I just want them to come out, have some fun and play some softball.”



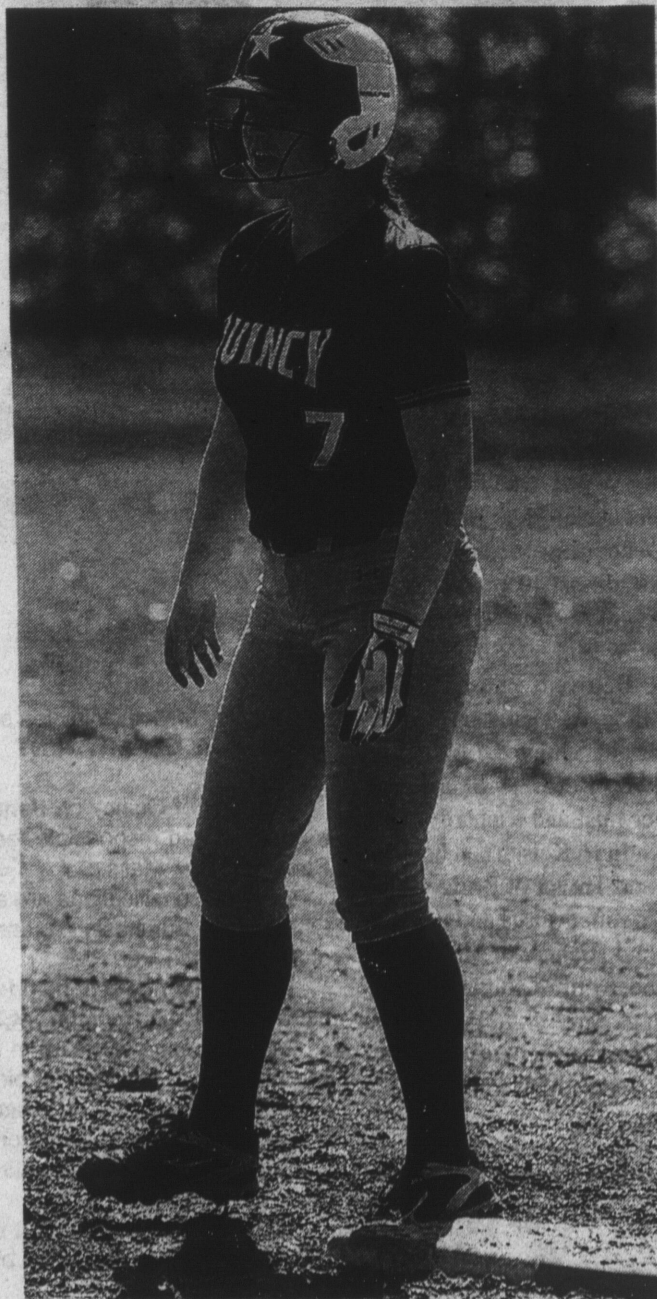
QUINCY PLAYED solid defense in the Presidents’ 9-2 win over East Bridgewater. Here third baseman Meghan Davis fires to first for a putout. Quincy Sun Photos/Robert Bosworth

“We just want to stay in games, stay focused and hopefully, that will be enough to make it to the tournament,” he added.

In all, the Presidents roster features 16 players this season: seniors Gianna Franceschini, Lindsay Sheridan, Meghan Davis, Sarah

Ainsley and Julianne Gazola; juniors Olivia Herman, Michelle Vu, Megan Beck, Kelly Chen, Juliana Tracey, and Juliana Stagg; sophomores Ashley Grehan and Priscilla Bonica; as well as freshmen Emma Glavin, Kate Downey and Melissa Ainsley.

MORE PHOTOS ONLINE:
www.TheQuincySun.com/galleries



QUINCY SHORTSTOP ASHLEY GREHAN encourages a Presidents’ batter from first base.



RIGHT FIELD Lindsay Sheridan was among the Quincy fielders who sparked against East Bridgewater. Here she makes a fine running catch in the first inning against the Vikings.

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North Quincy Boys Volleyball Tops New Bedford, 3-0

By TOM JOYCE

The North Quincy High boys volleyball team did not run into many struggles in their match on Monday.

For the most part, the Red Raiders controlled their home contest against New Bedford as they came away with a 3-0 victory (25-12, 25-23, 25-14) to improve to 3-1 on the season.

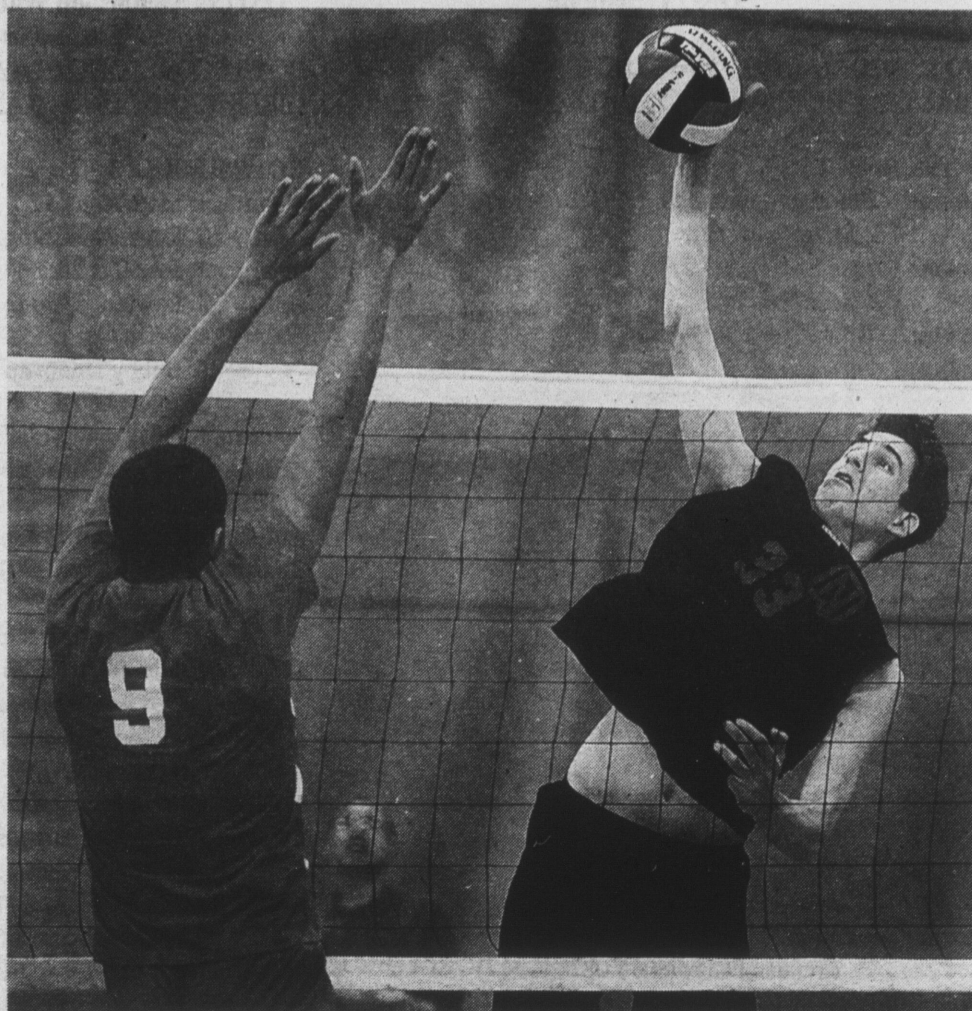
"I thought we played pretty well," Red Raiders' head coach Jason Cai said. "At some points, we lapsed a little bit and gave up a few points in service areas. It's something that happened in past games too. We've been trying to work on it though."

The Red Raiders got off to a strong start and had no issue taking the first set, outscoring their opponent at roughly a two-to-one clip, 25-12.

However, the Red Raiders did face some resistance in the middle set. While they took a quick 2-0 lead, New Bedford fought back and outscored them 12-6 over the next 18 points to take a 12-8 lead. North Quincy fixed some of their mistakes and managed to tie it up at 15 apiece and later 18 apiece. From there, the Red Raiders got some serving momentum and went on a 4-0 run. Although New Bedford clawed back and made it a 24-23 set, a serving error on their part handed the set to North Quincy.

"We made a lot of mistakes," Cai said of the second set. "It was our errors giving them points whether it was hitting the ball out, missing serves or calls. I told them that we needed to clean up the game, and all it took was one good stretch of serving for us to change the game."

Headed into the final set,

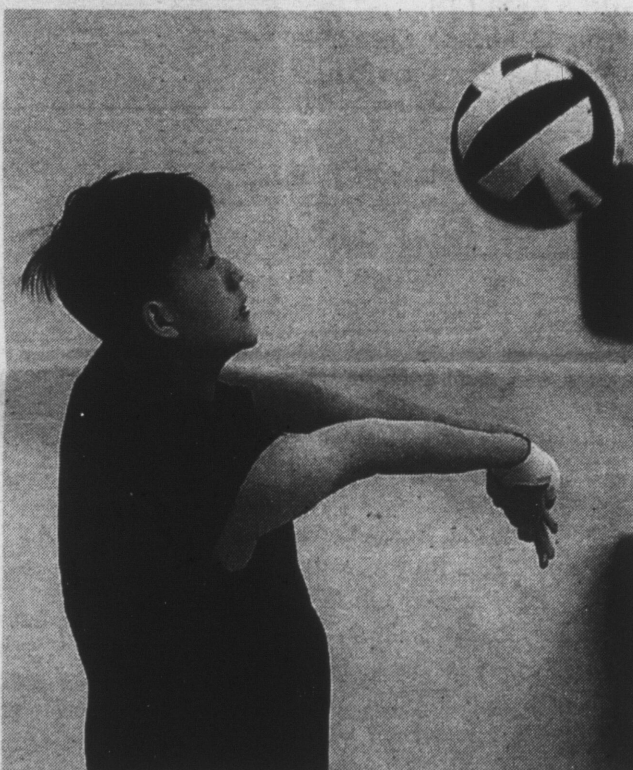


SENIOR ILAN VALENCIUS led the North Quincy offense with a team-high 12 kills and six blocks in the Red Raiders' 3-0 win over New Bedford Monday.

momentum favored the Red Raiders, and they capitalized on it. They took seven of the first 10 points. Although New Bedford's 5-1 run tied the set 8-8, a 4-0 run gave North Quincy an edge. With the set score 12-10, North then went on a 5-0 run, extending their lead to 17-10. This was too big of a deficit for New Bedford to overcome, so they dropped the set 25-14.

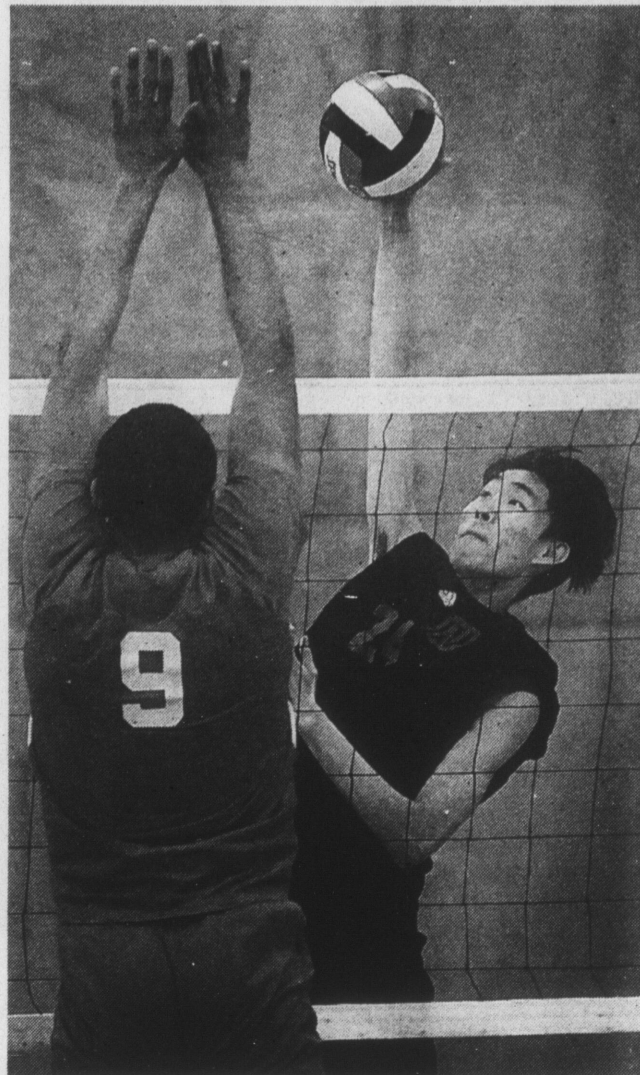
Freshman Adam Huang got the match point for North Quincy with an ace.

Senior Ilan Valencius led the attack with a team-high 12 kills and six blocks in the win; junior Tyler Li also hit well, finishing second on the day with nine kills. Senior Jeffrey Huang shined



ADAM HUANG bumps for North Quincy in the Red Raiders' 3-0 win over New Bedford Monday.

Cont'd On Page 30



JUNIOR TYLER LI also hit well for North Quincy contributing nine kills in the Red Raiders' 3-0 win over New Bedford.

Quincy Sun Photos/Robert Bosworth

Round Ball

BASKETBALL CAMP

For Boys & Girls

INSTRUCTION & GAMES

July 29 - August 2 Ages 7-11
August 5 - August 9 Ages 9-16
at North Quincy High School

9:00AM - 2:00PM

For Brochure call Ted Stevenson
617-328-3409

www.RoundBallHoopCamp.com

*Licensed by the Quincy Health Dept.

QUINCY TRACK CLUB

Boys & Girls Ages 5 to 14
From Quincy and
Surrounding Communities
\$80 per child \$160 Family Rate

REGISTRATION



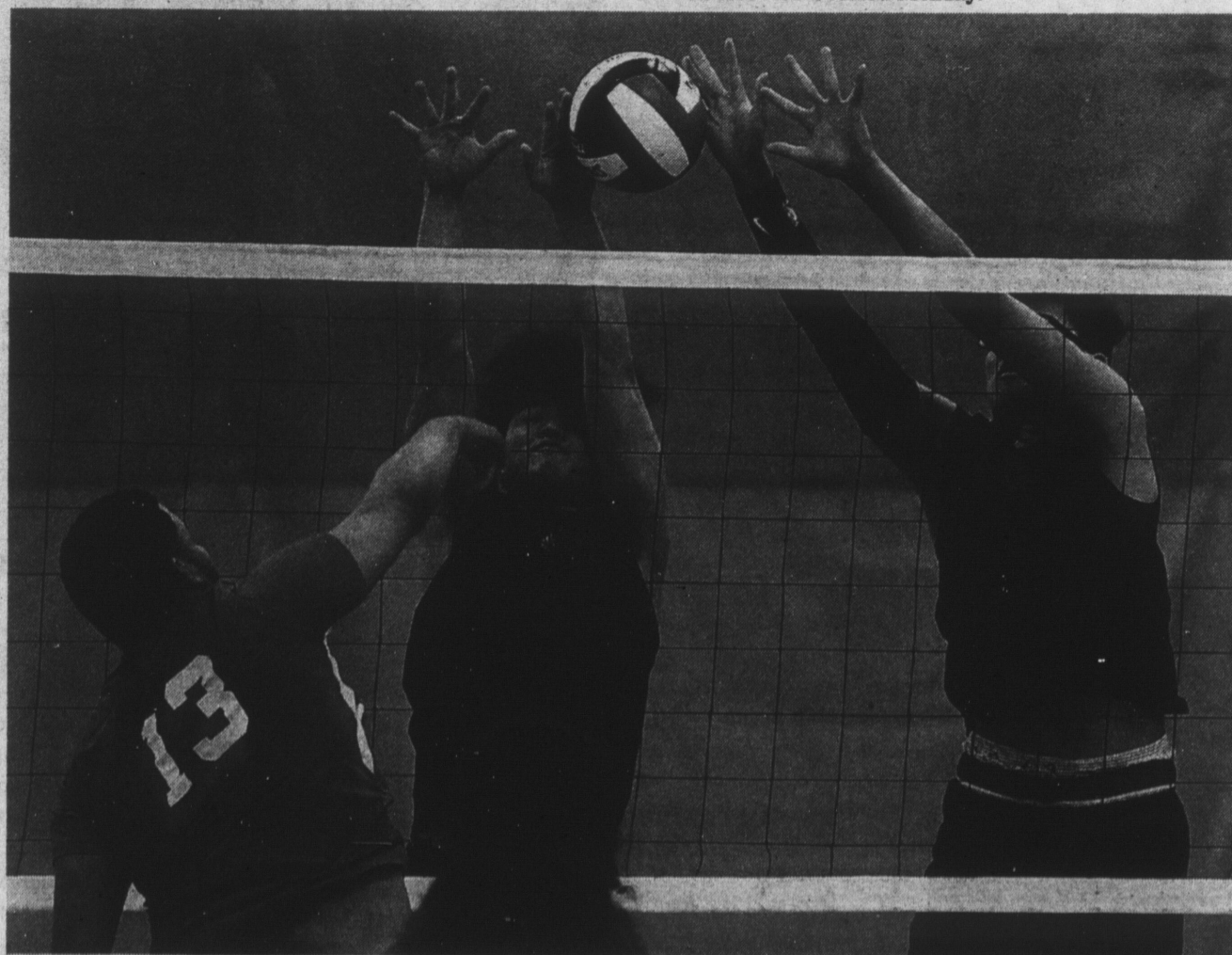
FRIDAY
APRIL 19
6-8PM

FRIDAY
APRIL 26
6-8PM

FRIDAY
MAY 3
6-8PM

Quincy Residency NOT Required
RICHARD J. KOCH FAMILY PARK
AND RECREATION COMPLEX
1 Merrymount Parkway

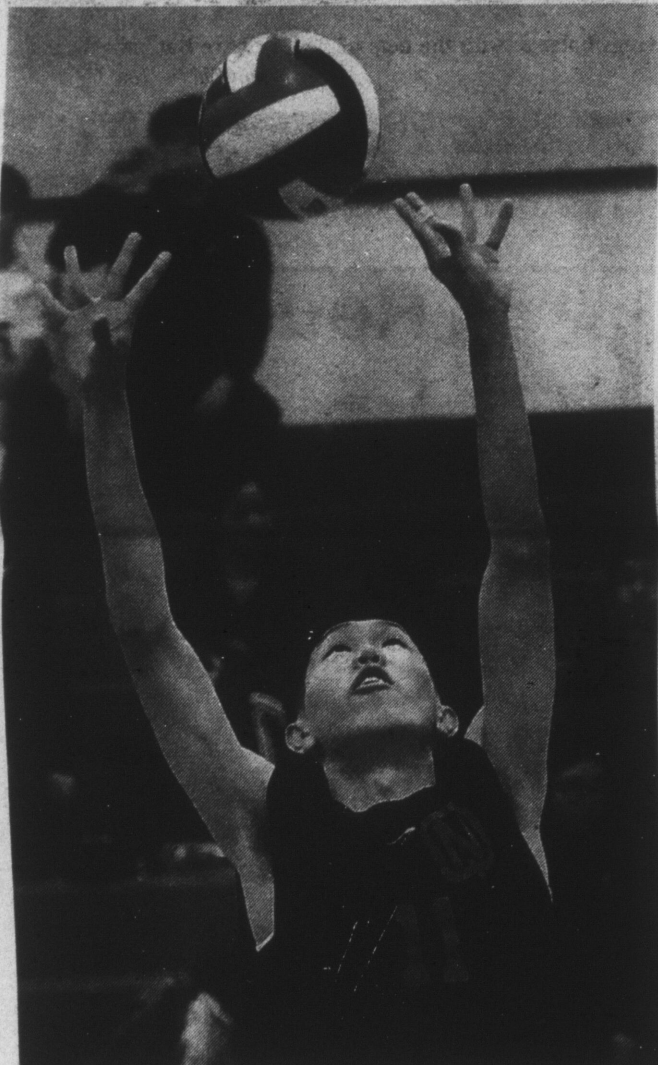
For Information Email:
quincytrackclub74@gmail.com



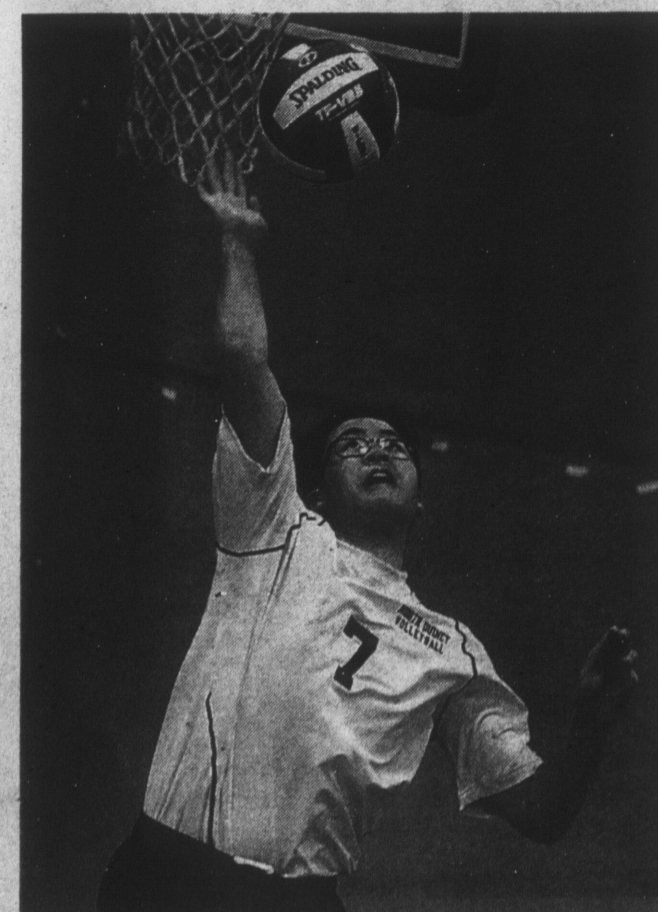
RED RAIDERS' Tony Nguyen (left, #8) and Ben Do (right, #18) each get a hand on the ball as they block New Bedford for a North Quincy point in the team's 3-0 victory Monday. NQ improved to 3-1 on the season.



BEN DO scores a point for the Red Raiders against New Bedford. Quincy Sun Photos/Robert Bosworth



GARY LIANG sets up a North Quincy scoring chance against New Bedford.



JEFFREY HUANG serves for the Red Raiders in their 3-0 win over New Bedford.

Quincy-North Quincy Spring Track Highlights

QNG vs Scituate
Faxon Field - April 2

BOYS SCORE: QNG 92 SCITUATE 34
GIRLS SCORE: QNG 86 SCITUATE 50

BOYS RESULTS

100m: 1. Proudley Louis 11.7
3. Matt Wong 12.1
200m: 1. Jose Las 24.5
2. Sean Hill 26.3
400m: 1. Brian Gutro 58.5
800m: 1. Quang Vinh Tran 2:24.2
2. Alex Ouellette 2:28.8
3. Adnane Baghough 2:34.9
Mile: 1. Ryan Polsgrove 5:09.2
2. Nick Ouellette 5:18.6
2 Mile: 1. Robert Cannon 10:53.9
2. Braeden Kopp 12:04.6
400mIH: 1. Robert Donovan 1:07.2
2. Jonathon Bina 1:13.0
4x100m Relay: 1. QNG Las, Louis, Wong, Hill 48.1
4x400m Relay: 1. QNG Donovan, Tran, Polsgrove, Gutro 4:12.5
Shotput: 1. Michael Gordon 40'09.5"
2. Kyle Tobin 38'05"
3. Benson Nguyen 34'04"
Discus: 2. Troy Isaac 107'05"
3. Benson Nguyen 105'07"
Javelin: 1. Dillon Donahue 81'08"
3. Brendan Dabrolet 65'08"
Highjump: NO QNG SCORERS
Longjump: 2. Jose Las 15'08"
Triplejump: 1. Brian Gutro 33'10.5"
GIRLS RESULTS
100m: 3. Michelle Chen 13.4
200m: 1. Nnene Ugan 28.6
400m: 1. Emilia Henry 1:07.0
800m: 1. Abby Murphy 2:27.4
3. Emma Lyons 2:41.4
Mile: 2. Maeve White 6:16.3
3. Victoria Mariano 6:16.9
2 Mile: 1. Lezly Acevedo 13:08.2
2. Victoria Mariano 13:22.5
100m Hurdles: 1. Sarah Pillone 16.8
2. Isabel Doherty 17.4
3. Keira Sleiman 18.2
400m Hurdles: 1. Sorchia Quinn 1:16.6
2. Isabel Doherty 1:20.2
4x100m Relay: 2. QNG Ugan, Chen, Pillone, Brown 53.9
4x400m Relay: 1. Henry, Lyons, White, Murphy 4:24.4
Shotput: 1. Pilar Brown 25'10"
2. Rachel Smith 25'05"
Discus: 1. Rachel Smith 91'06" (State Qualifier)
2. Pilar Brown 60'05"
Javelin: 2. Sorchia Quinn 81'03"
3. Emilia Henry 77'03"
Highjump: 2. Natalia Kepczynski 4'04"
Longjump: 1. Sarah Pillone 16'09.5" (State Qualifier)
3. Keira Sleiman 15'03"
Triplejump: 1. Sarah Pillone 36'05.5" (State Qualifier)
3. Keira Sleiman 32'06.5"

NQ Volleyball Tops NB

Cont'd From Page 29

defensively and serving as he led the way with 13 digs and three aces; senior Tommy Nyguen finished second with 11 digs; and senior Gary Liang helped set up many scoring opportunities, amassing 21 assists in the victory.

"It's nice seeing some of the kids swing and play with confidence even when we're down," Cai said. "We also want them to play smart. In the second and third set, New Bedford's big guy in the middle caused some trouble for us because my guys would hit at him and it would get blocked, so they were trying to play a little smarter after that."

Cai said one of the team's biggest strengths is the strong senior class, which features four players who are all major contributors to the lineup. He noted the communication is there and the team's experience means they play well together as a unit.

The experience and returning varsity players also beneficial early in the season—before the regular season matches began.

"It's great," Cai said. "I don't have to waste time setting a lineup. I know who I lost and who can come in and replace them."

Cai also said the team's areas for improvement moving forward will focus on their defense and passing.

QNG vs Archbishop Williams Freshmen-Sophomore
Faxon Field - March 30

BOYS SCORE: QNG 62 AW 38
GIRLS SCORE: QNG 86 AW 26

BOYS RESULTS

100m: 1. Matt Wong 12.1
3. Lawrence Ching 13.0
200m: 1. Jose Las 24.5
3. Lawrence Ching 26.6
400m: 1. Brian Gutro 55.7
2. Bobby Donovan 56.7
3. Jonathan Bina 1:02.8
800m: 1. Quang Vinh Tran 2:19.1
Mile: 1. Robert Cannon 5:12.3
4x100m Relay: 1. QNG Ching, Las, Wong, Gutro 48.6
4x400m Relay: 1. QNG Bina, Donovan, Tran, Gutro
Shotput: 1. Rean Bego 33'02.5"
2. Ocar Li 30'06"
3. Dillon Donahue 27'05"
Discus: 1. Rean Bego 76'06"
3. Dillon Donahue 70'06"
Javelin: 1. Dillon Donahue 77'01"
3. Oscar Li 60'00"
GIRLS RESULTS
100m: 1. Catherine Brown 13.3
2. Michelle Chen 13.5
200m: 1. Michelle Chen 28.2
2. Nnene Ugan 28.6
400m: 1. Emilia Henry 1:06.4
3. Jennie Burgess 1:07.9
800m: 1. Emma Lyons 2:45.0
3. Sabrina Egan 3:09.8
Mile: 1. Lezly Acevedo 5:54.1
2. Victoria Mariano 6:06.5
100m Hurdles: 1. Zoe Rakarich 19.2
2. Eileen Durgin 20.2
3. Fiona Berberi 22.3
4x100m Relay: 1. QNG Ugan, Chen, Anna Chen, Brown 58.5
4x400m Relay: 1. QNG Henry, Burgess, Lyons, Acevedo 4:48.4
Shotput: 1. Pilar Brown 25'09"
2. Niam Mwafurirwa 23'11"
3. Grace Devine 22'09"
Discus: 1. Pilar Brown 63'01"
2. Niam Mwafurirwa 49'10"
3. Grace Devine 44'10"
Javelin: 1. Sorchia Quinn 92'02"
2. Emilia Henry 82'06"
Highjump: 1. Catherine Brown 4'06"
3. Natalia Kepczynski 4'00"
Longjump: 1. Vanessa Guan 13'00"

Learn To Bike, Basic Maintenance Classes

Quincycles, Bike Milton, and MassBike announce new classes for adults who want to learn how to ride a bike and in basic bike maintenance.

The classes, taught by League of American Bicyclists Certified Instructors, will take place in Milton, Mattapan, and Quincy.

If you are an adult or mature teen age 16+ who wants to learn to ride a bicycle, this Learn to Ride Class will get you rolling. With a safe, easy, effective method, participants will learn how to balance, pedal, start, stop, and steer a bike, as well as adjust a helmet for proper fit.

Most people learn to ride in one session, but even if they don't, they'll leave equipped with an easy, low-stress way to teach themselves. Come to this class if you've never sat on a bike or just haven't done so in years.

Bikes and helmets will be provided for use at the class for those who need them. This class will be held

on Friday, May 17, from 6-8 p.m. at 515 Canton Ave., Milton.

If you want to gain the confidence that comes with knowing how to keep your bike in working order, come to a Basic Bike Maintenance class. The class will provide hands-on instruction on how to repair a flat tire, how to check and adjust the brakes, and how and when to clean your chain. This class is not for diagnosing or repairing major fixes, but for helping you learn to know how to keep your functioning bike in riding condition.

Basic bike maintenance classes will be held on Wednesday, April 17, 6:15-8 p.m. at the Community Room at the Mattapan MBTA Station, 500 River St., Mattapan, and another on Thursday, April 25th, 6:15-8 p.m. at Cunningham Hall, 77 Edge Hill Rd., Milton.

Each class is \$10 and is a stand-alone course. For more information and registration visit www.massbike.org/calendar.

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Students Learn Financial Literacy At Credit For Life Fair

Cont'd From Page 16

Students must also decide on certain luxuries, such as vacations.

"Do they take one trip a year or five?" Rothberg asked. "They have to make decisions."

At Quincy Credit Union's "Reality Check" table, students roll dice that land on certain unexpected life experiences such as a job loss. Students also were shown how cutting back on eating lunch out, buying video games or going to the nail salon on a regular basis can amount to significant savings.

Rothberg said the fair helps students become familiar with the importance of financial management. He also said students are becoming more aware of sav-

ings options such as stocks and mutual funds.

"With the basic knowledge of the definitions, they can plan," he said. "Financial literacy is not only about savings, but about balancing their budget."

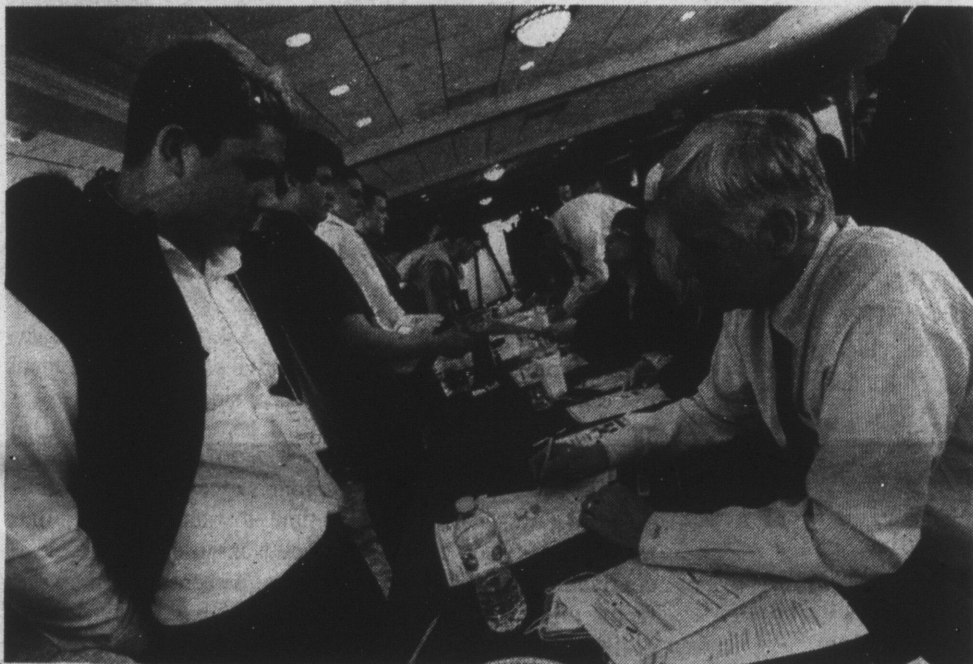
Quincy High School student Joseph Camara said the fair gave him a valuable lesson about spending money.

"I learned you have to be smart with your money, you can't be spending it on stuff you don't have money for," he said. "You have to spend money on your needs, not your wants."

The award winning interactive fair was developed by the Consumer Credit Counseling Service and the Credit Executives Association of Southeastern Massachusetts.



QUINCY HIGH SCHOOL student Ciana Williams checks her savings balance with the help of South Shore Bank's Edmond Chen. Quincy Sun Photos/Tom Gorman



NORTH QUINCY HIGH SCHOOL student Andrew Airosus gets some credit counseling from John Sharry of the Bank of Canton and Quincy Rotary Club member.



QUINCY HIGH SCHOOL student David Rose checks his budget.

Thomas Crane Public Library Foundation presents

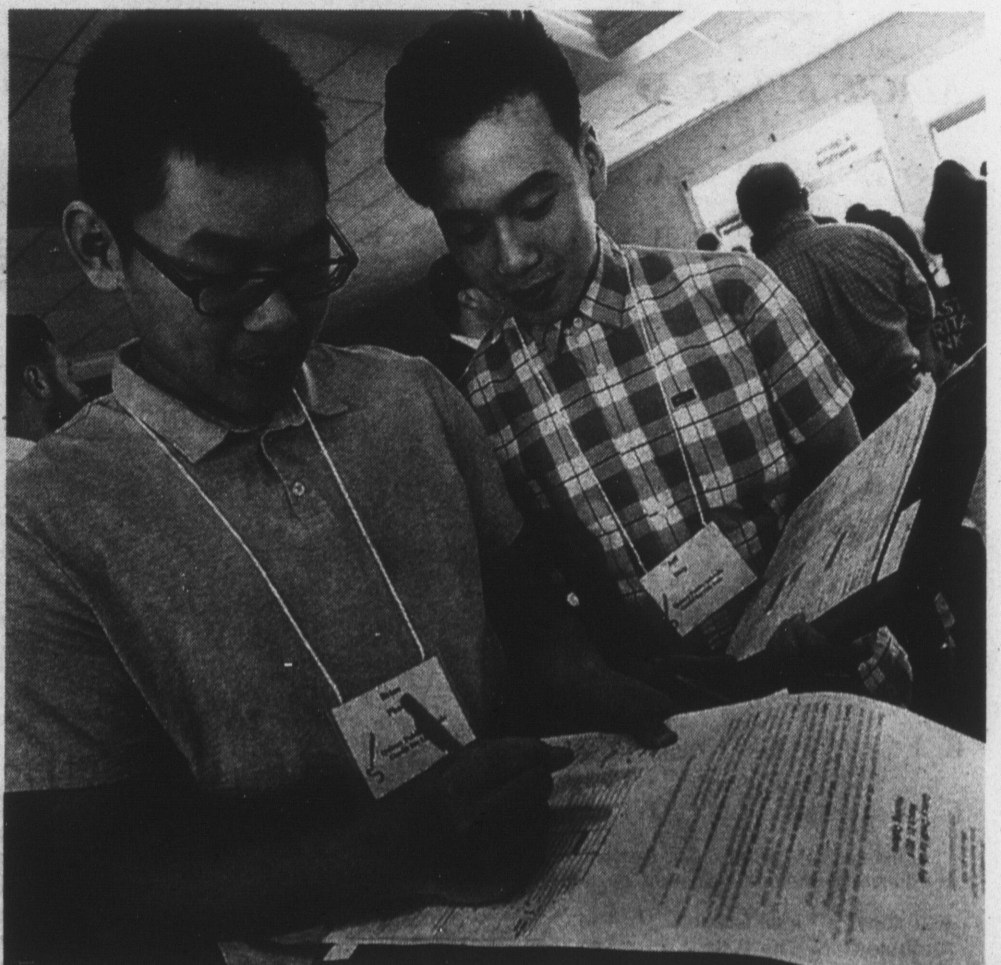
THOMAS CRANE MINI-GOLF CLASSIC

When: SATURDAY, APRIL 27 FROM 6-10 P.M.

Where: THOMAS CRANE PUBLIC LIBRARY
40 WASHINGTON ST., QUINCY

Tickets: \$50 PER PERSON

FOR MORE INFO OR TO PURCHASE TICKETS: TCPLF.ORG



NORTH QUINCY HIGH School students Brian Pham, left, and Jeff Diep compare their household budget numbers.

SUN FUN PAGE

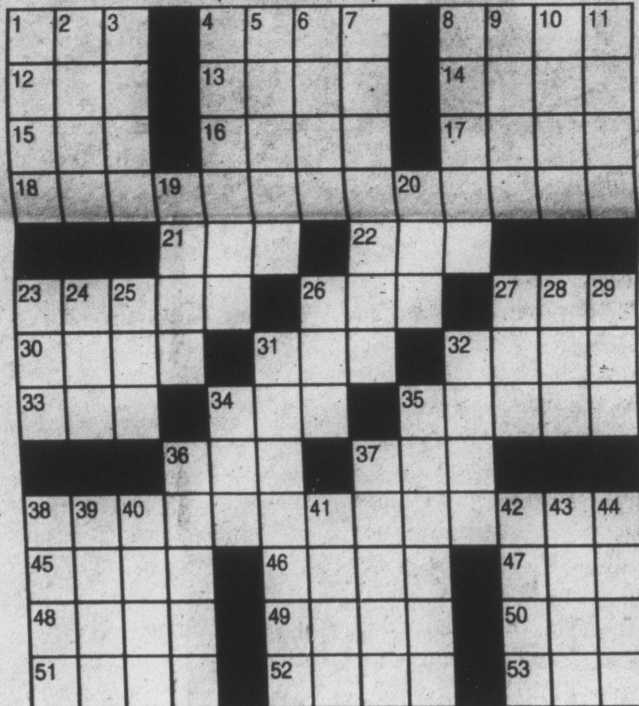
King Crossword

ACROSS

- 1 Recipe meas.
4 Lapidary's supply
8 Help a hood
12 Weeding tool
13 Laugh-a-minute
14 Pianist Peter
15 "— Town"
16 Taj Mahal city
17 Right on the map?
18 Including the latest info
21 Household member
22 Welcome sight?
23 Certain card
26 Chaps
27 Praise in verse
30 Author Wister
31 Prickly plant part
32 Old woman's home?
33 Longing
34 Predicament
35 Grandfather, for one
- 36 "Oh yeah? — who?"
37 Prompt
38 Suspensefully timed out
45 Medicinal plant
46 Rembrandt works
47 Canine
48 New Balance competitor
49 Entanglement
50 Trail behind
51 Busy one
52 Cruising
53 Type measures
- 11 Pledge-drive gift
19 Admitting clients
20 Author Fleming
23 Bliss
24 Have bills
25 Barbie's friend
26 Silent
27 Discoverer's cry
28 Dopey pal?
29 "A mouse!"
31 Rocket launcher
32 Passel
34 Lustrous black
35 Hill that's steep on one side
36 Villainous look
37 Actress
38 "Phooey!"
39 Hodgepodge
40 Heard reveille
41 Supermarket stack
42 Between jobs
43 Wander
44 Early birds?

DOWN

- 1 Grand
2 First course, often
3 Saucy
4 Tool used on cheese
5 Two cubed
6 Extra
7 Speak haltingly
8 Concerning
9 Suitor
10 Formerly, formerly



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MAGIC MAZE

CHINESE ZODIAC

E O L J H E C A X T V T R P N
L J H T F N D B Y H X V T S R
P O T H E M O N K E Y T M E K
I G T E E D B G K H A C Z T X
W U H D T R I A A O Q Y O U N
T H E O X P N L G R J C I B G
F D R G E S C E A S D L Y I X
W V A H E T H S R E P E O R N
L K T H J T I B B A R E H T I
R E T S O O R E G I T E H T G
F O R A E Y G O L O R T S A F

Find the hidden words in the diagram. They run in all directions: forward, backward, up, down and diagonally

- | | | | |
|------------|------------|------------|-----------|
| Astrology | The Dragon | The Ox | The Snake |
| Attributes | The Goat | The Pig | The Tiger |
| Cycle | The Horse | The Rabbit | Year of |
| The Dog | The Monkey | The Rat | |

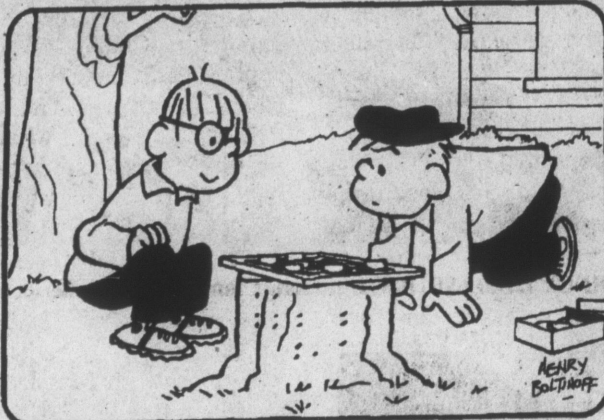
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's pants are black. 2. Box has been moved. 3. Garage is gone. 4. Shirt zipper is missing. 5. Tree stump is taller. 6. Boy's left arm can't be seen.

Trivia test

1. MOVIES: What kind of creature is Pumbaa in "The Lion King"?
2. ANATOMY: What is the smallest organ in the human body?
3. LITERATURE: What was the name of the tiger in "The Jungle Book" by Rudyard Kipling?
4. FAMOUS QUOTATIONS: Which author once wrote, "Rough winds do shake the darling buds of May"?
5. GEOGRAPHY: What is the world's longest "motorable road"?
6. FOOD & DRINK: What is freekeh?
7. ACRONYMS: What does "AOL" stand for?
8. TELEVISION: Who

- hosted the 1980s PBS series "Cosmos"?
9. GENERAL KNOWLEDGE: Who was the star of the video-game series "Tomb Raider"?
10. MUSIC: What is the only major musical scale that has no sharps or flats?
- Answers:
1. Warthog
2. The pineal gland near the center of the brain
3. Shere Khan
4. William Shakespeare
5. Pan-American Highway, stretching across the North and South American continents
6. Roasted green wheat
7. America Online
8. Carl Sagan
9. Lara Croft
10. C major

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Wishing Well

3 5 3 7 2 5 7 5 7 6 8 2 3
S T H D B A E K M L S E A
2 4 2 6 3 4 2 5 7 4 7 2 5
S F E I R A N E A M N S A
4 3 4 6 7 5 2 6 8 3 7 2 8
E P I S D C I T U E T B C
3 5 3 2 4 2 3 7 6 4 8 7 5
N T Y L S E O H E Y C E I
3 5 8 6 7 5 8 4 5 6 7 4 6
U O E N B N S O N T E U O
7 8 3 5 7 3 4 5 3 4 3 8 3
S S R O T S R W K S I O L
8 3 8 3 8 6 8 6 8 6 8 6 6
U L P S H T E H L E D R S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) You're doing better on the flexibility issue, but you still need to loosen up a bit to show you can be less judgmental and more understanding about certain sensitive matters.
TAURUS (April 20 to May 20) Your personal aspect continues to dominate this week. But try to make time to deal with important career-linked matters as well. A change of plans might occur by the weekend.
GEMINI (May 21 to June 20) Excuses are not really needed for much of the confusion occurring this week. However, explanations from all parties could help in working things out to everyone's satisfaction.
CANCER (June 21 to July 22) That surprising (but pleasant) recent turn of events continues to develop positive aspects. But be prepared for a bit of a jolt on another issue that needs attention.
LEO (July 23 to August 22) Creating a fuss might bring you that attention you want. But are you prepared for all the explaining you'd have to do? Better to use more subtle ways to make your bid.
VIRGO (August 23 to September 22) With education continuing to be a strong factor this week, this could be the time to start learning some new skills that can later be applied to a bid for a potential career move.
LIBRA (September 23 to October 22) You might do well to reconsider some of your current time priorities before you get so deeply involved in one project that you neglect meeting a deadline on another.

SCORPIO (October 23 to November 21) With an important decision looming, you need to be careful about the information you're getting. Half-truths are essentially useless. Get the full story before you act.
SAGITTARIUS (November 22 to December 21) Find out what everyone's role is expected to be before accepting that workplace proposal. Getting all the facts now could prevent serious problems later on.
CAPRICORN (December 22 to January 19) A flexible position on a workplace matter could be the best course to follow during the next several days. A personal issue also benefits from an open-minded approach.
AQUARIUS (January 20 to February 18) Involving too many people in your workplace problem can backfire. Remember: Allegiances can shift. Ask trusted colleagues for advice, but don't ask them to take sides.
PISCES (February 19 to March 20) Before submitting your suggestions, take more time to sharpen the points you want to make. The clearer the presentation, the more chance it has to get through when submitted.
BORN THIS WEEK: Your clear sense of who you are gives you confidence when you need to tackle difficult situations.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: P equals T

AVXX-YMKAM OFNSQ PFXV

OVFPTSNNMC F CSKTB KO

ASNMYXQ-GYNMMVE PKQ EKCG:

"PDV PDSVV XNPPXV BTCG."

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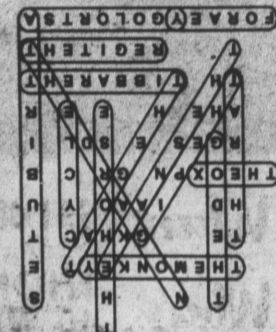
King Crossword

Answers



Magic Maze

ANSWERS:



CryptoQuip

"The Three Little Pigs" featuring a group of well-known fairy tale

A
P
R

1
1

2
0
1
9

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- We've been hearing about Netflix a lot lately. Many billboards advertising Netflix films -- both on the famed Sunset Strip and across the country -- are now owned by Netflix. Producer/director Steven Spielberg went public recently about the black-and-white Netflix film "Roma," which received multiple Oscar nominations and awards, suggesting that "Roma" was made for streaming, not for theaters. Maybe Oscar's ruling that a film must play in Los Angeles for one week to qualify needs to be amended to include only films made to be shown in theaters. Netflix also is under fire for its TV division. Shows created by and exclusive to its platform -- such as "The Crown," a six-season series, "House of Cards" (six seasons), "Orange Is the New Black" (six seasons), "Grace and Frankie" (five seasons), "Unbreakable Kimmy Schmidt" (four seasons) and "The Ranch" (renewed for a sixth season) -- fare better than revamped shows like "Fuller House" (five seasons), which may end due to the college scandal implicating Lori Loughlin. Shows such as "One Day at a Time" (ending with its third season) will find it hard to move to another platform, despite great interest, because their contracts require they wait two to three years until Netflix is finished streaming them. But Netflix (which allegedly may have overextended itself financially) had better watch its back, now that Disney has spent \$71 billion to acquire 20th Century Fox. The deal includes Searchlight Pictures, Fox 2000, Fox Family, Fox Animation,

Fox 21; FX Networks; National Geographic Partners and Fox interests in Hulu. That's in addition to its other giant acquisitions such as Lucasfilm (aka "Star Wars"), the Marvel Universe of superheroes and ABC Television, along with its existing amusement parks, hotels and resorts. Disney is a hungry behemoth, which now will compete with Netflix.

Alexander Skarsgard -- awaiting the May 3 release of "Long Shot," with Seth Rogan and Charlize Theron, and "The Kill Team," due this summer -- will be larger than life on big screens in IMAX and 3D when he headlines "Godzilla vs Kong," with Rebecca Hall and Kyle Chandler, set to escape March 2020. "The Hitman's Bodyguard," with Ryan Reynolds, Samuel L. Jackson, Salma Hayek and Richard E. Grant, earned \$176 million. That warrants a sequel, which will add Antonio Banderas and Morgan Freeman to the cast.

When "Space Jam" (1996) hit theaters starring Michael Jordan (second billed to Bugs Bunny), nobody expected it would gross a whopping \$230 million (a fortune back then). It's taken 23 years to find another basketball superstar to fill Jordan's sneakers, but now they have. It's LeBron James, considered by many to be the greatest basketball player in the world today. Look for "Space Jam 2" the summer of 2021. No word if Bugs Bunny is too old or too much a has-been to topline this sequel. LOL.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		x		18
x		x		x	
	x		+		23
+		-		+	
	÷		+		17
21		23		22	

1 2 3 4 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Donald Duck Knockoff

--- Donald Duck is a Disney character and there are strict laws about copying his likeness, so this wooden toy from the 1930s must be a knockoff. The duck could be a relative, but it certainly is not one sanctioned by The Walt Disney Company. The wooden pull toy has a place to attach a string. Pull it, and Donald's legs "walk," the wheels turn and the tiny chick bobs back and forth. Toy collectors like early examples of comic characters that are rare and by unknown makers. This is the only one the Ohio auctioneer had ever seen. It is thought it was made in China in the 1930s. The toy, perhaps an Easter gift, sold on the 57th bid for \$4,200, well over the estimate.

Q: I have some blue-and-white dishes my grandmother said she took from the dining car on a B & O Railroad trip years ago. I know stolen paintings, ancient relics and other stolen items are confiscated and, if possible, returned to the original owners. Can I put my dishes in an auction?

A: Railroad dining cars and airplanes used to have special dishes made with their names and significant views or logos. And there have been "Railroad China" collectors for years. Some of the china was "liberated" by dinner guests, but much was sold at the railroad's gift shop. Most popular was the Centenary china first used in 1927 by the B & O Railroad for their 100th anniversary. It was so popular that they continued to use it for over 50 years, and later, even

made copies that were sold at the gift shop. The original, and most expensive for today's collectors, are Centenary pieces with the rectangular "Scammell's Lamberton China Patent Applied For" mark on the back. It was used from 1927 until 1930-31, when the mark was changed to read "Design Patented."

Q: My six flat silver butter knives are stamped "Pat. Apld. For Puritan Silver Co." Are they sterling silver? Are they worth anything?

A: Puritan Silver Co. is a trade name used by Oneida Silversmiths on silver-plated flatware. Silver-plated flatware doesn't sell well. Young people don't want to bother to keep it polished, and it doesn't have the meltdown value that sterling silver has. Silver-plated butter knives sell for about \$1 each.

CURRENT PRICES

Cut-glass bowl, hobstars, flared fans, notched miters, strawberry diamonds, 3 5/8 x 9 inches, \$20.

Dinner gong, brass, wrought iron, relief repousse portrait, Roland A Ronceveux, scrolled support, 32 x 31 inches, \$475. Carousel horse, prancer, horsehair tail, leather tack, beige, spots, Armitage-Herschell, 46 3/4 x 13 3/4 inches, \$1,560.

TIP: Old, authentic carousel figures almost always have glass eyes or realistic horse-shaped eyes. Reproductions have human-shaped eyes, either Asian or Caucasian.

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Strange BUT TRUE

* It was 19th-century French novelist Gustave Flaubert who made the following sage observation: "Our ignorance of history makes us libel our own times. People have always been like this."

* Visitors to Chicago might want to keep in mind that in that city, it's against the law to dine in any establishment that is on fire.

* In 1856, a soldier of fortune (who was also a journalist, doctor and lawyer) by the name of William Walker and his hand-picked group of mercenaries took over Nicaragua. Walker appointed himself dictator, thus securing for himself the distinction of being the only native-born American citizen to become head of state of a foreign nation.

* If you're like the average American, you consumed more than 250 eggs last year.

* You might be surprised to learn that the giant bullfrogs of South Africa have

sometimes been known to attack lions.

* If you like to go out and hit the greens on a nice summer day, you might want to consider this fact the next time you're thinking about breaking out the irons and putters: More people are struck by lightning on golf courses than anywhere else.

* Mike Edwards, one of the founding members of the British band Electric Light Orchestra, met with an untimely death decades after he left the group. In 2010, as Edwards was driving in the rural southwest of England, a farmer lost control of a 1,300-pound bale of hay. This wheel-shaped bale rolled down a hill and over a hedge, and just happened to smash into the van Edwards was driving.

Thought for the Day: "I am prepared to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter." -- Sir Winston Churchill

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Now here's a tip!

by Jo Ann Derson

* "Soak a cotton ball in vinegar to apply to bruises. It speeds healing. Apply for an hour." -- J., via e-mail

* "For our kids' art and schoolwork, we purchased a scrapbook for each grade. As the year progresses, we put the standout papers in the book, and add photos and jot down notes about friends and teachers. It not only makes a lovely keepsake, but you know when a drawing was done, and it makes it easy to limit what we keep." -- R.W. in Indiana

* Taking a pill? Sip of water, pill, sip of water. It's easier to take even larger pills after a small sip of liquid.

* Secure small stuffed animals to a length of sturdy rope, then hang the rope from the ceiling or across a wall like art. It gets them up off the floor during that

period when kids want to keep them all but don't regularly play with them.

* Rinse your hands with lemon juice to remove berry stains. This also works on marker stains.

* You know how happy you feel when you get to the bottom of the bag of chips and find all the extra-flavor ones? How's this for a mind-blowing hack: Flip the bag over and open up from the bottom. The saturated chippies will be on the top.

* Denture tablets are great for cleaning tough stains in the toilet bowl. Just drop them in the bowl and let it sit overnight.

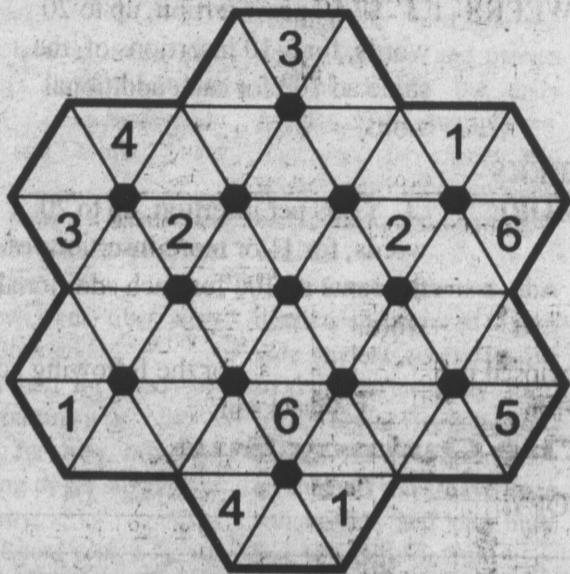
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

Here's a "double pyramid" puzzle -- two words that, when put together, form a well-known phrase.

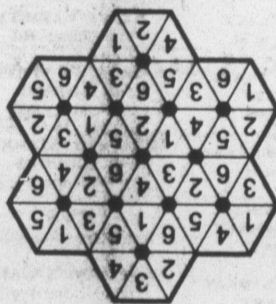


Hint: This phrase is something you hear when top draft choices in sports never quite make the grade.

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SNOWFLAKES

solution



Go Figure! answers

					21
22	23				
17	8	+	1	+	9
			-		+
23	7	+	4	x	4
		x		x	x
	2	x	6	+	3

Stickelers Answer

"The phrase is 'monumental disappointments.'"

CLASSIFIEDS

SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
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Want to pick up a copy of The Quincy Sun? Here are stores in Quincy that sell it on their newstands:

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GOODIE'S STORE 1250 Hancock St., Presidents Place	7-11 495 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	DAIRY FARM 330 Washington St.	CVS 42 Beale St.
HANCOCK MARKET 5 Cottage Ave.	7-11 230 Washington St.	COFFEE BREAK CAFE 12 Old Colony Ave.
MIGNOSA'S FRUIT BASKET 138 Granite St.	STOP & SHOP Southern Artery	SUPREME LIQUORS 615 Hancock St.
RITE-AID 132 Granite St.	CVS Southern Artery	BIG Y 475 Hancock St.
COFFEE BREAK CAFE 77 Parkway	TEDESCHI'S 650 Adams St.	MULLANEY'S VARIETY 205 W. Squantum St.
HANCOCK PARK LOBBY SHOP 164 Parkway	7-11 678 Adams St.	STOP & SHOP 65 Newport Ave.
FRANKLIN ST. BP 60 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	7-11 363 Hancock St.
7-11 78 Franklin St.	COPLAND LIQUORS 273 Copland St.	WALGREENS 324 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	GRANITE MART 308 Willard St.	RED APPLE FOOD SHOP 48 Billings Rd.
DONUT + DONUTS 33 Scammell St.	7-11 Copeland St.	SAM'S VARIETY 125 Billings Rd.
PRESIDENTIAL LIQUORS 25 Scammell St.	JOE'S PLACE 260 Centre St.	LUCKY'S WINE & LIQUOR 66 Newbury Ave.
ADAMS VARIETY 22 Independence Ave.	CORNER FOOD MARKET 1060 Hancock St.	ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.
DAILY MART 291 Quincy Ave.	200 FOOD MART 200 Sea St.	CVS 321 Quincy Shore Dr.
ROCHE BROTHERS The Falls	ADAMS SHORE SUPERMARKET 494 Sea St.	CARMINE'S CAFE 69 Huckins Ave.
WALGREENS 418 Quincy Ave.	PALMER STREET MARKET 231 Palmer St.	TEDESCHI'S 751 E. Squantum St.
CORNER FOOD SHOP 171 West St.	BERNIE'S GENERAL STORE 1147 Sea St.	LUCKY SHAMROCK 265 Beale St.
	WEST ELM VARIETY 139 W. Elm Ave.	ANDRE'S STORE 20 Brook St.
	WALGREENS 550 Adams St.	EVEREST MARKET 121 Standish Ave.

ST. JUDE NOVENA
 May the Sacred heart of Jesus be adored, glorified, loved and praised throughout the world now and forever. Sacred Heart of Jesus pray for us. St. Jude worker of miracles pray for us. St. Anthony, protector and wonder worker, pray for us. Say this prayer nine times a day. By the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised, D.N.

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PAYABLE IN ADVANCE. Payment must accompany order.

INDEX ☐ Services ☐ For Sale ☐ Autos ☐ Boats ☐ For Rent ☐ Wanted ☐ Help Wanted ☐ Work Wanted ☐ Pets ☐ Lost & Found ☐ Real Estate ☐ Antiques ☐ Flea Markets ☐ Yard Sales ☐ Instruction ☐ Day Care ☐ Personal ☐ Miscellaneous	RATES 1 WEEK ☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. 2-4 WEEKS ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. 5-10 WEEKS ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. 11 WEEKS OR MORE ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
---	--

☐ Enclosed is \$_____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

A
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SAL Marches In Southie Parade, Hosts St. Patrick's Day Dinner



A CONTINGENT from the Morrisette American Legion Post #294 and Sons of the American Legion participated in the recent South Boston Saint Patrick's Day Parade. Here SAL Commander Paul Moody leads the group in a yellow pick up truck decorated with American flags. Squadron 294 also hosted its 7th annual Saint Patrick's Day dinner featuring a traditional boiled dinner. More than 100 guests turned out for the dinner. The Squadron announces that it will decorate Flags for Veterans Island at School and Pleasant Streets, on Saturday, May 4, as part of the city's "Cleaner, Greener Cleanup." Volunteers are welcome to stop by the island at 9 a.m. to help place 400 American flags on the island. SAL 294 also continues to sell engraved veterans' bricks for phase two at the island. More than 35 bricks have already been sold. A form to purchase bricks appears on this page.

More Healthy Choices For School Lunches

Cont'd From Page 11

The burgers and parfaits were sampled by school committee members who gave them high marks.

Ginn said other offerings this year include a turkey dog and ramen noodles with homemade chicken broth with a choice of chicken or vegetables.

"We had an intern give out flyers about the health benefits of homemade broths and soups," said Ginn.

For dessert, cakes are made with chick peas instead of butter.

"They went over very well," Ginn said.

Ginn said the food service department is always looking for new offerings and trying to get students to eat healthy.

For next year, a "grain more" bar will be introduced at the high schools that will be set up Chipotle style and a dessert hummus will be offered. This month, an avocado chocolate mousse

is being tried at the high schools.

Additionally, an "athletes' corner" will be launched where student athletes will be shown beneficial snacks and protein options.

Dufour said interactive menus are now available through the NutriSlice app where students and parents can check out the daily lunches on the smartphones. She noted the menus also show nutritional values, carb counts, and allergy potentials.

Dufour explained that districts are required to provide student access to five food groups each day -fruit, milk, vegetables, grains and protein. Based on grade level, students must have three components and one must be a vegetable or fruit.

She said some regulations have been relaxed including low fat chocolate milk and some white grain food can now be served. Sodium restrictions have been

slightly reduced.

The food service department now has a new logo. Dufour said North Quincy High School sophomore Jenny Zheng won the logo contest with her design of a light bulb and an apple along with the slogan, "Genius starts with food." There were over 100 entries.

"We wanted to capture what the food does to the body to help us learn and grow," Dufour said of the logo.

Dufour said the food service department is striving to get students to eat healthy.

"We're trying to get students excited about nutrition," said Dufour.

Committee members Douglas Gutro and Anthony Andonico questioned the use of disposable Styrofoam trays and bowls in the cafeterias. Dufour said replacing the Styrofoam with alternative items would be more expensive but is open to suggestions from the committee.

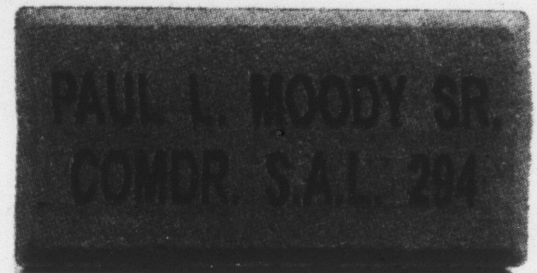


SHOWING THEIR IRISH at the Sons of the American Legion, Squadron 294's 7th annual Saint Patrick's Day Dinner at the Morrisette Legion Post are from left Ward 1 Councillor David McCarthy, SAL Commander Paul Moody and Councillor and SAL Junior Vice Commander Noel DiBona.



FLAGS FOR VETS ISLAND SQUADRON 294

Bricks for Veterans Program



PHASE 2 Still Available

The Sons of the American Legion, Squadron 294, Morrisette American Legion Post in Quincy is still selling engraved honor and memorial bricks for its "Bricks for Veterans" at Flags for Veterans Island, Fort Square, Quincy.

Phase 1 along the walkway to the island's main flag pole is sold out but bricks for **PHASE 2** are still available.

PHASE 2 engraved bricks will form a patio in front of the flower bed located on the Pleasant Street side of the island in Fort Square.

Bricks are available for \$50 each. The bricks can be inscribed with a veteran's name, rank and branch of service. A sample brick appears above.

This form can be clipped, filled out and mailed to order a brick.

BRICKS FOR VETERANS

Line 1: Veteran Name/Rank: _____

Line 2: Branch of Service: _____

Bricks cost \$50 each

Send this form and check to:
S.A.L. Squadron 294
22 Conant Rd.
North Quincy, MA 02171

For more information or to order, call 617-472-5952

Quincy Senior Olympic Games May 13-23

Applications Available For 37th Annual Games

The 37th annual Quincy Senior Olympics will be held Monday, May 13 through Thursday, May 23rd.

The games are sponsored by the Office of Mayor Thomas P. Koch and administered by the Recreation Department and Department

of Elder Services welcomes back Linden Ponds Retirement Community of Hingham as the event's presenting sponsor.

"The goal of the games is to promote and encourage active and healthy lifestyles for men and women age 55 and over in a fun filled en-

vironment. Linden Ponds shares our goals and is a natural fit for our games," said Recreation Director Michelle Hanly.

Applications are available at the office of Mayor Thomas P. Koch, the Kennedy Center and the Recreation Department at One Merrymount Parkway.

Applications will be mailed on request by calling 617-376-1394 or 617-376-1506.

Participants do not need to live in Quincy.

The Olympic events schedule can also be found on www.QuincyRec.com.

All events are conducted at sites in Quincy. Events include: one mile walk, opening ceremony, celebrity exhibition volleyball game, bowling, swimming, darts, billiards, bocce, three mile walk, horseshoe pitching, basketball free throw, sportsmanship luncheon, track and field events, one mile run, half mile walk, rotation events, softball throw, standing long jump, javelin throw, shot put, discus throw, golf putting competition, pickleball tournament, cornhole tournament, golf tournament, and an awards night.

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3. Complete the prerequisites.
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5. Apply online and pay \$50 application fee.

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Text EXPLORE to 51555

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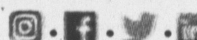
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